

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Pretzel Cheeseburger
Sweet Potato Fries

3

Chicken Nuggets
w/ Dinner Roll
Roasted Mexican Corn

4

Philly Cheesesteak
Roasted Broccoli

5

Chicken & Waffle
Southwest Black Beans

6

Pizza day:
French Bread Pizza
Roasted Southwest Vegetable Blend

Offered Daily 10/2-10/6: EZ Italian Sub, Garden Salad w/ Dinner Roll and Pretzel Boat

9

Hot Dog
Baked Beans

10

Grilled Cheese Pretzel Sandwich
w/ Tomato Soup
Steamed Corn

11

Beefy Cheesy Mac w/ Dinner Roll
Sautéed Spinach

12

Breakfast for Lunch:
Breakfast Potato Bowl
w/ Buttermilk Biscuit
Potatoes

13

Pizza Day:
Cheese, Pepperoni
Green Beans

Offered Daily 10/9-10/13: Turkey & Cheese Sandwich, Crispy Chicken Salad w/ Dinner Roll,, and Yogurt Bag

16

Chicken Tenders
w/ Side of Macaroni & Cheese
Steamed Broccoli

17

Chicken Patty Sandwich
Seasoned Steamed Corn

18

Breakfast for Lunch:
Pancakes w/ Sausage
Sweet Potato Fries

19

Popcorn Chicken Bowl
Mashed Potato & Corn

20

Pizza Day:
French Bread Pizza
Mixed Vegetables

Offered Daily 10/16-10/20: Ham & Cheese Sandwich, Chef Salad w/ Flat Bread and Cereal Bag

23

Mozzarella Sticks
w/ Marinara
Glazed Carrots

24

Boneless Chicken Bites
w/ Soft Pretzel Stick
Steamed Corn

25

Meatball Parm Sub
Seasoned Collard Greens

26

Crispy Bang Bang Chicken
w/ Brown Rice
Frijoles ala Charro

27

Pizza Day:
Cheese Pizza
Green Beans

Offered Daily 10/23-10/27: Italian Sub, Garden Salad w/ Flat Bread and Pretzel Bag

30

Breakfast for Lunch:
French Toast Sticks & Sausage
Sweet Potato Wedges

31

Corn Dog Bites
Roasted Corn

**All lunches include a variety of
fresh fruit, chilled fruit cup, and
choice of milk (skim, 1% or fat free
chocolate)**

Menu Subject to Change

Offered Daily 10/30 & 10/31: Turkey Club Sandwich, Chef Salad w/ Flatbread, and Bagel Bag

How Pizza Got Its Name

Some claim there are only two true pizzas — the marinara and the margherita. These two “pure” pizzas are the ones preferred by many Italians today. The marinara is the older of the two and is topped with tomato, oregano, garlic and extra virgin olive oil. It is named “marinara” because it was traditionally the food prepared by “la marinara”, the seaman’s wife, for her seafaring husband when he returned from fishing trips in the Bay of Naples. The margherita is topped with modest amounts of tomato sauce, mozzarella cheese

and fresh basil. Tale has it that, in 1889, a baker created three different pizzas for the visit of King Umberto I and Queen Margherita of Savoy. The Queen’s favorite was a pizza evoking the colors of the Italian flag — green (basil leaves), white (mozzarella) and red (tomatoes). According to the tale, this combination was named Pizza Margherita in her honor. Although those were the most preferred, today there are many variations of pizzas.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplyground.com

It's National Pizza Month!

Today, National Pizza Month is observed each October across the U.S. and in much of Canada, too. However, based upon consumption behaviors, every month could be considered Pizza Month in the United States. People don't really need a special month for pizza in a country where there are an estimated 63,000 pizzerias and 94% of Americans eat pizza at least once a month. The figures equal the consumption of about 45 slices of pizza per person in the U.S. each year and show that Americans definitely love their pizza as evidenced by current figures, which show that they consume 100 acres of pizza per day, or 350 slices per second.

Some people question if pizza is healthy. The answer is yes and no. Depending on the type of crust, the amount of cheese and the toppings used, pizza can rank anywhere from nutritionally decent to a diet disaster. Not only do the ingredients used to make the pizza cause a significant swing in the nutritional content of pizza, but the size of the slice and the number of slices you eat count, too. In the USDA school meal program, all pizzas are required to meet very specific nutrition standards for calories, fat and sodium. School pizza includes a healthier mix of ingredients including lower sodium, lycopene-rich tomato sauce and lower fat, calcium boosting mozzarella cheese. Coupled with a side of vegetables and/or fruit, students can enjoy a well-balanced meal. If you enjoy pizza on a regular basis, try making it at home using healthier ingredients, such as part-skim mozzarella cheese and tomato sauce without added salt. Don't forget to top it with lots of vegetables; the more colorful your pizza, the better!

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

TUSCAN WHITE BEAN SALAD (SERVES 30 - 1.5 OZ)

- 2 lbs cannellini beans
- 1/4 cup sweet green peppers, diced
- 1/4 cup sweet red peppers, diced
- 1/4 cup fresh red onion
- 1/2 cup black olives, sliced
- 1 tablespoon raw garlic
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh rosemary
- 1/4 cup and 2 tablespoons lemon juice
- 3 tablespoons cider vinegar
- 3 tablespoons canola oil
- 3/4 teaspoon ground black pepper

1. Combine all ingredients in a large bowl.
2. Keep refrigerated until ready to serve.

NUTRITION FACTS:
74 calories, 2g fat,
81mg sodium, 4g fiber



Nutrition Information is available upon request.