

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

2	3	4	5	6
Cheeseburger On A Bun Seasoned Carrot Coins	Chicken Nuggets w/ Dinner Roll Curly Fries	Philly Cheesesteak Roasted Broccoli & Carrots	Chicken & Waffle Southwest Black Beans	Bag Lunch Deli Sandwich Vegetable Fruit Milk / Juice

Offered Daily 10/2-10/6: EZ Italian Sub, Crispy Chicken Salad, and Yogurt Boat

9	10	11	12	13
SCHOOL CLOSED	Pretzel Grilled Cheese Sandwich w/ Tomato Soup Smile Fries	Beefy Cheesy Mac w/ Dinner Roll Sautéed Spinach	Breakfast for Lunch: Breakfast Potato Bowl w/ Buttermilk Biscuit Diced Potatoes	Chicken Drums w/ Brown Rice Side Salad

Offered Daily 10/9-10/13: Turkey & Cheese Sandwich, Chef Salad w/ Dinner Roll, and Cereal Boat

16	17	18	19	20
Chicken Tenders w/ Side of Macaroni & Cheese Seasoned Carrot Coins	Beef & Cheese Burrito w/ Churros Refried Beans	Breakfast for Lunch: Pancakes w/ Sausage Tator Tots	Popcorn Chicken Bowl Mashed Potatoes & Corn	Pizza Day: Pepperoni Galaxy Pizza Romaine Tossed Salad

Offered Daily 10/16-10/20: Deli Ham & Cheese Sandwich, Garden Salad w/ Flat Bread and Pretzel Bag

23	24	25	26	27
Cheeseburger On A Bun Sweet Potato Fries	Boneless Chicken Bites w/ Soft Pretzel Stick Potato Wedges	Meatball Parm Sub Roasted Broccoli	Chicken Drums w/ Brown Rice Frijoles ala Charro	Pizza Day: Old School Cheese Pizza Tossed Salad

Offered Daily 10/23-10/27: Tuna Sub, Crispy Chicken Salad w/ Flat Bread, and Yogurt Bag

30	31			
Cheesy Stuffed Breadsticks w/ Marinara Citrus Glazed Carrots	Corn Dog Bites Southwest Black Bean Salad		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, Cereal 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](http://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.