

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

2

Crispy Chicken Sandwich  
Chili w/Tortilla Chips  
Egg Salad Sandwich\*

3

Chicken Nuggets w/ Cheeze- Its  
Italian Dunkers w/ Marinara \*  
Ham & Cheese Sandwich

4

Cheeseburger w/Fries  
Orange Chicken Over Rice & Fresh  
Veggies  
Protein Pack\*

5

Beef Spaghetti w/ Fresh Broccoli &  
Roll  
Bean Burrito\*  
Cheese Quesadilla w/ Fresh Salsa\*

6

Cheese Pizza  
Past Alfredo w/ Fresh Broccoli  
Beef Hot Dog

We offer a variety of fresh fruits and vegetables daily.

9

Rib-A-Q  
Turkey Hot Dog  
Egg Salad Sandwich\*

10

Teriyaki over rice & Fresh Veggies  
Sunbutter & Jelly Sandwich\*  
Ham & cheese Sandwich

11

Beef Soft Taco w/ Fresh Salsa  
Chicken Corn Dog  
Protein Pack\*

12

Chicken Tenders w/ Goldfish  
Nachos w/ Beans & Cheese  
Cheese Quesadilla w/ Fresh Salsa

13

Pepperoni Pizza  
Tamale  
Grilled Cheese Sandwich\*

Students must select at least a half cup of fruits and/or vegetables with every meal.

16

Crispy Chicken Sandwich  
Chili w/ Tortilla Chips  
Egg Salad Sandwich\*

17

Chicken Nuggets w/ Cheeze- Its  
Italian Dunkers w/ Marinara \*  
Ham & Cheese Sandwich

18

Cheeseburger w/ Fries  
Orange Chicken over Rice & Fresh  
Veggies  
Protein Pack\*

19

Beef Spaghetti w/ Fresh Broccoli &  
Roll  
Bean Burrito\*  
Cheese Quesadilla w/ Fresh Salsa\*

20

Cheese Pizza\*  
Pasta Alfredo w/ Fresh Broccoli\*  
Beef Hot Dog

\* denotes vegetarian options.

23

Rib-A-Q  
Turkey Hot Dog  
Egg Salad Sandwich\*

24

Teriyaki over Rice & Fresh Veggies  
Sunbutter & Jelly Sandwich\*  
Ham & Cheese Sandwich

25

Beef Soft Taco w/ Fresh Salsa  
Chicken Corn Dog  
Protein Pack\*

26

Chicken Tenders w/ Goldfish  
Nachos w/ Beans & Cheese  
Cheese Quesadilla w/ Fresh Salsa\*

27

Pepperoni Pizza  
Tamale  
Grilled Cheese Sandwich\*

Menu is subject to change.

30

Crispy Chicken Sandwich  
Chili w/ Tortilla Chips  
Egg Salad Sandwich\*

31

Chicken Nuggets w/ Cheeze- Its  
Italian Dunkers w/ Marinara \*  
Ham & Cheese Sandwich

### MEAL REQUIREMENTS

Must select at least 3 of  
the 5 offered components:  
Meat/Meat Alternative;  
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A  
1/2 CUP OF FRUIT OR VEGGIE!





## 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)

## BREAKFAST

**MONDAY:** Bagel w/ Cream Cheese

**TUESDAY:** Fresh Baked Muffin w/ String Cheese

**WEDNESDAY:** Assorted Benefit Bars

**THURSDAY:** Waffle w/ Strawberry Topping

**FRIDAY:** Breakfast Pizza

Cereal w/ Crackers available daily

Students must take at least a half cup of fruit with breakfast.

We offer nonfat chocolate milk and 1% white milk with all meals.

## Fresh Pick Recipe

### GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1” slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

**WASH YOUR HANDS**



Student Breakfast and Lunch are provided at NO CHARGE.

Adult Breakfast: \$3.25

Adult Lunch: \$5.25

Adult A la Carte Entrée: \$4.00



Nutrition Information is available upon request.

