

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3	4	5	6
Pretzel Cheeseburger Cheesy Baked Ziti w/ Garlic Breadstick Seasoned Carrot Coins	Beef Nachos Chicken Nuggets w/ Dinner Roll Roasted Mexican Corn	Philly Cheesesteak BBQ Chicken Flatbread Roasted Broccoli & Carrots	Chicken & Waffle Sandwich Hot Dogs Confetti Bean Salad	Pizza day: Cheese or Pepperoni Pizza Cheese Quesadilla Roasted Southwest Vegetable Blend

Offered Daily 10/2-10/6: Italian Sub or Peanut Butter & Jelly Sandwich

9	10	11	12	13
No School	Taco Tuesday: Chicken Fajita Tacos w/ Spanish Rice Grilled Cheese Pretzel Sandwich w/ Tomato Soup Smile Fries	Beefy Cheesy Mac Southwest Chicken Bowl Roasted Broccoli	Breakfast for Lunch: Breakfast Potato Bowl w/ Buttermilk Biscuit Chicken Patty Black Bean & Corn Salsa	Pizza Day: Cheese or Pepperoni Pizza Chicken Bacon Ranch Sandwich Italian Roasted Zucchini

Offered Daily 10/9-10/13: Turkey & Cheese Sandwich or Peanut Butter & Jelly Sandwich

16	17	18	19	20
Chicken Tenders w/ Dinner Roll Macaroni & Cheese w/ Breadstick Seasoned Carrot Coins	Chicken Quesadilla Chicken Patty Sandwich Baked French Fries	Breakfast for Lunch: Pancakes w/ Sausage Pulled Pork Sliders Crispy Panko Broccoli & Cauliflower	Chilaquiles Popcorn Chicken Bowl Vegetarian Baked Beans	Pizza Day: Cheese or Pepperoni Pizza Beefy Cheesy Pasta Mixed Vegetables

Offered Daily 10/16-10/20: Ham & Cheese Sandwich or Peanut Butter & Jelly Sandwich

23	24	25	26	27
Hot Diggity Dog Mozzarella Sticks w/ Marinara Sweet Potato Fries	Taco Tuesday: Twin Tacos w/ Rice Boneless Chicken Bites w/ Soft Pretzel Stick Potato Wedges	Spaghetti w/ Meat Sauce Meatball Parm Sub Roasted Broccoli w/ Red Peppers	Breakfast for Lunch: Breakfast Burrito General Tso's Chicken w/ Rice Black Bean & Corn Salsa	Pizza Day: Old School Cheese Pizza Chicken Alfredo Pasta Green Beans

Offered Daily 10/23-10/27: Italian Sub or Peanut Butter & Jelly Sandwich

30	31			
Breakfast for Lunch: French Toast Sticks & Sausage Cheesy Stuffed Breadsticks w/ Marinara Sweet Potato Wedges	Taco Totchos w/ Buttermilk Biscuit Hometown Corn Dog Bites Tater Tots		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 or Peanut Butter & Jelly Sandwich

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.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Cereal Fresh Fruit	Nutri grain Bar Fruit/ Milk	Assorted Muffin Fruit / Milk	Banana Bread Fruit / Milk	Assorted Poptart Fruit / Milk
No School	Donuts Fruit / Milk	Assorted Poptart Fruit / Milk	Assorted Cereal Fruit / Milk	Bagel with Cream Cheese Fruit / Milk
Nutri Grain Bar Fruit / Milk	Banana Bread Fruit / Milk	Assorted Cereal Fruit / Milk	Poptart Fruit / Milk	Assorted Muffin Fruit / Milk
Poptart Fruit / Milk	Assorted Cereal Fruit / Milk	Donuts Fruit / Milk	Assorted Muffins Fruit / Milk	Nutri Grain Bar Fruit / Milk
Bagel with Cream Cheese Fruit / Milk	Nutri Grain Bar Fruit / Milk			

Fresh Pick Recipe

STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 C Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.

Menu subject to change



Nutrition Information is available upon request.