

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Chicken Alfredo Mac or Ham & Cheese Sandwich
~~~~~  
Roasted Squash and Zucchini  
Diced Peaches

**4**

Popcorn Chicken or All American Sandwich  
~~~~~  
Baked Beans
Diced Pears

5

Italian Cheese Dippers (V) or Pepperoni Bento Box
~~~~~  
California Blend Vegetables  
Bananas

**6**

Mini Corn Dogs or Turkey & Cheese Sandwich  
~~~~~  
Mixed Vegetables
Mandarin Oranges

7

Old School Pepperoni Pizza or Yogurt Parfait
~~~~~  
Carrot Coins  
Applesauce

Fresh Pick of the Month: Beans!

**10**

Mac & Cheese (V) or Ham & Cheese Sandwich  
~~~~~  
Roasted Broccoli
Diced Peaches

11

Cheese Pizza (V) or All American Sandwich
~~~~~  
Peas and Carrots  
Diced Pears

**12**

Grilled Cheese or Turkey & Cheese Sandwich  
~~~~~  
Roasted Squash & Zucchini
Bananas

13

No School
~~~~~

**14**

No School  
~~~~~

Local ingredients used when seasonally available

17

Chicken Sandwich
Sunbutter & Jelly Sandwich (V)
~~~~~  
Carrot Coins  
Applesauce

**18**

Cheesy Chicken Spaghetti or Turkey & Cheese Sandwich  
~~~~~  
Roasted Broccoli
Mandarin Oranges

19

Chicken Quesadilla or All American Sandwich
~~~~~  
Sweet Potato Fries  
Cinnamon Swirled Apples

**20**

Chicken Nuggets or Ham & Cheese Sandwich  
~~~~~  
Peas and Carrots & Mashed Potatoes
Diced Pears

21

Homestyle Cheese Pizza (V) or Pinwheel Party Box
~~~~~  
Mixed Vegetables  
Bananas

Fat-free and low-fat milk offered daily

**24**

Italian Cheese Dippers (V) or Ham & Cheese Sandwich  
~~~~~  
Green Beans
Diced Peaches

25

Classic Lasagna or Turkey & Cheese Sandwich
~~~~~  
Roasted Squash & Zucchini  
Diced Pear

**26**

Tater Tot Casserole or Pizza Bento Box  
~~~~~  
California Blend Vegetables
Mandarin Oranges

27

Oklahoma Twister Dog or Sunbutter & Jelly Sandwich (V)
~~~~~  
Cooked Peas  
Applesauce

**28**

Cheeseburger or Yogurt Parfait & Graham Crackers (V)  
~~~~~  
Carrot Coins
Bananas

31

Baked Penne (V) or Ham & Cheese Sandwich
~~~~~  
Green Beans  
Applesauce



Have a  
**HAPPY**  
Halloween

## 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                                                           |
|--------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------|
| <b>October 3</b><br>Cereal or Muffin<br>Juice<br>Milk  | <b>October 4</b><br>Cereal or Breakfast Bar<br>Juice<br>Milk  | <b>October 5</b><br>Cereal or Muffin<br>Juice<br>Milk         | <b>October 6</b><br>Cereal or Nutrigrain Bar<br>Juice<br>Milk | <b>October 7</b><br>Cereal or Biscuit and Jelly<br>Juice<br>Milk |
| <b>October 10</b><br>Cereal or Muffin<br>Juice<br>Milk | <b>October 11</b><br>Cereal or Breakfast Bar<br>Juice<br>Milk | <b>October 12</b><br>Cereal or Stuffed Bagel<br>Juice<br>Milk | <b>October 13</b><br>No School                                | <b>October 14</b><br>No School                                   |
| <b>October 17</b><br>Cereal or Muffin<br>Juice<br>Milk | <b>October 18</b><br>Cereal or Poptart<br>Juice<br>Milk       | <b>October 19</b><br>Cereal or Apple Frudel<br>Juice<br>Milk  | <b>October 20</b><br>Cereal or Breakfast Bar<br>Juice<br>Milk | <b>October 21</b><br>Cereal or Nutrigrain Bar<br>Juice<br>Milk   |
| <b>October 24</b><br>Cereal or Muffin<br>Juice<br>Milk | <b>October 25</b><br>Cereal or Breakfast Bar<br>Juice<br>Milk | <b>October 26</b><br>Cereal or Stuffed Bagel<br>Juice<br>Milk | <b>October 27</b><br>Cereal or Muffin<br>Juice<br>Milk        | <b>October 28</b><br>Cereal or Poptart<br>Juice<br>Milk          |
| <b>October 31</b><br>Cereal or Muffin<br>Juice<br>Milk |                                                               |                                                               |                                                               |                                                                  |

### 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