

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Chicken Nuggets & Twisted Breadstick
Whipped Potatoes & Cinnamon Swirled Apples

Try our cinnamon apples! The perfect fall fresh pick!

4

Classic Chicken Alfredo Mac
Caesar Salad & Diced Peaches

5

Cheese Quesadilla (V)
Mixed Vegetables & Orange Smiles

6

Baked Penne Pasta (V)
Green Beans & Fresh Bananas

7

Popcorn Chicken with Breadstick
Baked Beans & Mixed Fruit

8

Cheese Pizza (V)
Roasted Broccoli & Carrots & Grapes

Local ingredients used when seasonally available

11

Cheeseburger
Tater Tots & Fresh Apples

12

Giant Beef Taco
Mixed Vegetables & Diced Pears

13

Popcorn Chicken Bowl
Roasted Broccoli & Carrots, & Applesauce

14

Crispy Chicken Sandwich
Baked Beans & Fresh Oranges

15

No School
FALL BREAK

Variety of fat free and low fat milk are offered daily

18

No School
FALL BREAK

19

No School
FALL BREAK

20

Frito Chili Pie
Mexican Black Beans & Applesauce

21

Mini Corn Dogs
Green Beans & Mixed Fruit

22

Cheese Pizza (V)
Fresh Broccoli & Cinnamon Swirled Apples

(V) Denotes a vegetarian friendly item

25

Chicken Nuggets
Mixed Vegetables & Diced Peaches

26

Italian Dunkers (V)
Peas & Carrots & Orange Smiles

27

Chef Salad
Pepperoni Pizza
Roasted Broccoli & Carrots & Fresh Bananas

28

Crispy Chicken Sandwich
Baked Beans & Orange Smiles

29

Steak Fingers
Green Beans & Grapes

Menu subject to change based on product availability

This institution is an equal opportunity provider.

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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Variety of Cereals and Milk offered Daily!				October 1 Breakfast Pizza Orange Smiles
October 4 Sausage Biscuit Applesauce	October 5 Blueberry Muffin Diced Peaches	October 6 French Toast Sticks Apple Slices	October 7 Honey Glazed Chicken Biscuit Fresh Banana	October 8 Cinnamon Roll Raisins
October 11 American Breakfast Sandwich Raisins	October 12 Pancakes Diced Peaches	October 13 Oatmeal Round Orange Smiles	October 14 Breakfast Taco Roll Orange Smiles	October 15 No School FALL BREAK
October 18 No Scholl FALL BREAK	October 19 No School FALL BREAK	October 20 Banana Muffin Orange Smiles	October 21 Egg & Cheese Biscuit Orange Smiles	October 22 Oatmeal Round Raisins
October 25 Mini Cinnamon Bagels Mixed Fruit	October 26 Bacon Scramble Breakfast Pizza Baked Cinnamon Apples	October 27 French Toast Sticks Fresh Banana	October 28 Biscuit & Sausage Gravy Diced Peaches	October 29 Blueberry Mini Waffles Applesauce

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



All **MEALS FREE** to students!!!



Nutrition Information is available upon request.