

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Cheese Ravioli (V) Chicken Nuggets & Twisted Breadstick ~~~~~ Baby Carrots Cinnamon Swirled Apples
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Try our cinnamon apples! The perfect fall fresh pick!

4 Bean & Cheese Burrito (V) Cheeseburger ~~~~~ Aztec Corn Diced Peaches	5 Cheese Quesadilla (V) Glazed Chicken Drumstick ~~~~~ Mixed Vegetables Diced Pears	6 Crispy Chicken Sandwich Baked Penne Pasta (V) ~~~~~ Potato Wedges Applesauce	7 All American Sandwich Popcorn Chicken with Breadstick ~~~~~ Baked Beans Salad Mixed Fruit	8 Italian Meatball Sub Cheese Pizza (V) ~~~~~ Roasted Broccoli & Carrots Fresh Bananas
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Local ingredients used when seasonally available

11 Classic Mac & Cheese (V) Cheeseburger ~~~~~ Roasted Broccoli Diced Peaches	12 Chicken Alfredo Mac Giant Beef Taco ~~~~~ Mixed Vegetables Diced Pears	13 Chick'n Nuggets (V) Hot Dog ~~~~~ Baked Beans Applesauce	14 Spaghetti with Meatballs Teriyaki Chicken Rice Bowl ~~~~~ Roasted Broccoli & Carrots Mixed Fruit	15 Goopy Grilled Cheese Sandwich (V) Chicken Nuggets w/ Dinner Roll ~~~~~ Sweet Potato Fries Cinnamon Swirled Apples
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Variety of fat free and low fat milk are offered daily

18 Crispy Chicken Sandwich Breakfast 4 Lunch: Pancakes & Sausage ~~~~~ Baby Carrots Diced Peaches	19 Sweet & Sour Chick'n Bowl (V) Cheesy Quesadilla (V) ~~~~~ Roasted Broccoli & Carrots Diced Pears	20 BBQ Chicken Sandwich Bean & Cheese Nachos (V) ~~~~~ Mexican Black Beans Applesauce	21 All American Sandwich Baked Penne Pasta (V) ~~~~~ Green Beans Mixed Fruit	22 Buffalo Chicken Wrap Homestyle Cheese Pizza (V) ~~~~~ Mixed Vegetables Cinnamon Swirled Apples
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(V) Denotes a vegetarian friendly item

25 Cheese Ravioli (V) Chicken Nuggets ~~~~~ Mixed Vegetables Diced Peaches	26 Cheeseburger Italian Dunkers (V) ~~~~~ Baked Beans Diced Pears	27 Orange Chick'n Bowl Pepperoni Pizza ~~~~~ Roasted Broccoli & Carrots Applesauce	28 Crispy Chicken Sandwich Cheesy Omelet with Cinnamon Pinwheel (V) ~~~~~ Tater Tot Hash Mixed Fruit	29 Mac & Cheese (V) Frito Chili Pie ~~~~~ Green Beans Cinnamon Swirled Apples
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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
				October 1 Sausage Breakfast Pizza Manager's Choice Fruit
October 4 Sausage Biscuit Applesauce	October 5 Yogurt and Graham Crackers Diced Peaches	October 6 French Toast Sticks Apple Slices	October 7 Honey Glazed Chicken Biscuit Banana	October 8 Cinnamon Roll Mixed Fruits
October 11 American Breakfast Sandwich Orange Juice	October 12 Pancakes Diced Peaches	October 13 Oatmeal Round Mixed Fruit	October 14 Breakfast Taco Roll Diced Pears	October 15 Mini Cinnis Bagels Applesauce
October 18 Confetti Pancakes Diced Pears	October 19 Yogurt Cinnamon Chex Cereal Mixed Fruit	October 20 Banana Muffin Sliced Strawberries	October 21 Egg & Cheese Biscuit Fresh Banana	October 22 Oatmeal Round Diced Peaches
October 25 Mini Cinnies Bagels Diced Pears	October 26 Bacon Breakfast Pizza Orange Juice	October 27 Cinnamon Chex Cereal Fresh Banana	October 28 Biscuit & Sausage Gravy Diced Peaches	October 29 Blueberry Mini Waffles Applesauce

Revised 9/14/2021

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.



What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.



Nutrition Information is available upon request.