

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

Sack Lunch  
with Ham & Cheese Sandwich,  
Cheez-It Crackers, Whole Fruit,  
Fresh Veggies & Scooby Doo Fruit  
Snacks

**2**

Sack Lunch  
with Turkey & Cheese Sandwich,  
Baked Cheetos,  
Whole Fruit,  
Fresh  
Veggies, & Mini Grandma Cookies

**3**

Sack Lunch  
with Chicken Patty Sandwich,  
Cheez-It Cracker, Whole Fruit,  
Fresh Veggies, & Scooby Doo  
Fruit Snacks

**4**

Sack Lunch  
with Ham & Cheese Sandwich,  
SunChips, Whole Fruit, Fresh Veggies  
& Mini Grandma Cookies

**5**

Sack Lunch  
with Hamburger, Doritos,  
Whole Fruit, Fresh Veggies  
& Scooby Doo Fruit Snacks

**8**

Sack Lunch  
with Ham & Cheese Sandwich,  
Cheez-It Crackers, Whole Fruit,  
Fresh Veggies & Scooby Doo Fruit  
Snacks

**9**

Sack Lunch  
with Turkey & Cheese Sandwich,  
Baked Cheetos,  
Whole Fruit,  
Fresh  
Veggies, & Mini Grandma Cookies

**10**

Sack Lunch  
with Chicken Patty Sandwich,  
Cheez-It Cracker, Whole Fruit,  
Fresh Veggies, & Scooby Doo  
Fruit Snacks

**11**

Sack Lunch  
with Ham & Cheese Sandwich,  
SunChips, Whole Fruit, Fresh Veggies  
& Mini Grandma Cookies

**12**

Sack Lunch  
with Hamburger, Doritos,  
Whole Fruit, Fresh Veggies  
& Scooby Doo Fruit Snacks

(V) Denotes a vegetarian friendly item.

**15**

Sack Lunch  
with Ham & Cheese Sandwich,  
Cheez-It Crackers, Whole Fruit,  
Fresh Veggies & Scooby Doo Fruit  
Snacks

**16**

Sack Lunch  
with Turkey & Cheese Sandwich,  
Baked Cheetos,  
Whole Fruit,  
Fresh  
Veggies, & Mini Grandma Cookies

**17**

Sack Lunch  
with Chicken Patty Sandwich,  
Cheez-It Cracker, Whole Fruit,  
Fresh Veggies, & Scooby Doo  
Fruit Snacks

**18**

FALL BREAK  
-----  
NO SCHOOL

**19**

FALL BREAK  
-----  
NO SCHOOL

Variety of fat free and low fat milk are offered daily.

**22**

Sack Lunch  
with Ham & Cheese Sandwich,  
Cheez-It Crackers, Whole Fruit,  
Fresh Veggies & Scooby Doo Fruit  
Snacks

**23**

Sack Lunch  
with Turkey & Cheese Sandwich,  
Baked Cheetos,  
Whole Fruit,  
Fresh  
Veggies, & Mini Grandma Cookies

**24**

Sack Lunch  
with Chicken Patty Sandwich,  
Cheez-It Cracker, Whole Fruit,  
Fresh Veggies, & Scooby Doo  
Fruit Snacks

**25**

Sack Lunch  
with Ham & Cheese Sandwich,  
SunChips, Whole Fruit, Fresh Veggies  
& Mini Grandma Cookies

**26**

Sack Lunch  
with Hamburger, Doritos,  
Whole Fruit, Fresh Veggies  
& Scooby Doo Fruit Snacks

\*\*Join us October 25th for National Pasta Day and enjoy some delicious Beefy Mac!

**29**

Sack Lunch  
with Ham & Cheese Sandwich,  
Cheez-It Crackers, Whole Fruit,  
Fresh Veggies & Scooby Doo Fruit  
Snacks

**30**

Sack Lunch  
with Turkey & Cheese Sandwich,  
Baked Cheetos,  
Whole Fruit,  
Fresh Veggies, & Mini Grandma  
Cookies

**31**

Sack Lunch  
with Chicken Patty Sandwich,  
Cheez-It Cracker, Whole Fruit,  
Fresh Veggies, & Scooby Doo  
Fruit Snacks





## Commit to Making Every Monday A Healthier Start to the Week

Monday symbolizes the beginning of each week, a fresh start and the opportunity to begin something new. Much like when people make a New Year's resolution, people tend to use Monday as a day dedicated to health. A healthier start on a Monday often means a healthier week will follow.

To help students, staff and families create and maintain healthier behaviors, My Mondays, Sodexo's new educational campaign, will help promote healthy eating, physical activity, cooking and sustainable, earth-friendly behaviors.

This initiative has been modeled after the Mondays Campaign, which is a non-profit public health initiative associated with Johns Hopkins, Columbia and Syracuse Universities that dedicates the first day of every week to health. Every Monday, individuals and organizations across the globe join together to commit to the healthy behaviors that can help end chronic preventable diseases.

For more information on the Mondays Campaign, please visit <http://www.mondaycampaigns.org/>.



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.liftoffsplayground.com](http://www.liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 1 Assorted Cold Cereal Assorted Poptarts Fresh Fruit	October 2 Assorted Cold Cereal Assorted Muffins Fresh Fruit	October 3 Assorted Cold Cereal Assorted Nutrigrain Bar Fresh Fruit	October 4 Assorted Cold Cereal Assorted Muffins Fresh Fruit	October 5 Assorted Cold Cereal Assorted Poptarts Fresh Fruit
October 8 Assorted Cold Cereal Assorted Muffins Fresh Fruit	October 9 Assorted Cold Cereal Assorted Nutrigrain Bar Fresh Fruit	October 10 Assorted Cold Cereal Assorted Poptarts Fresh Fruit	October 11 Assorted Cold Cereal Assorted Muffins Fresh Fruit	October 12 Assorted Cereals Assorted Nutrigrain Bar Fresh Fruit
October 15 Assorted Cold Cereal Assorted Poptarts Fresh Fruit	October 16 Assorted Cold Cereal Assorted Muffins Fresh Fruit	October 17 Assorted Cold Cereal Assorted Nutrigrain Bars Fresh Fruit	October 18 FALL BREAK  NO SCHOOL	October 19 FALL BREAK  NO SCHOOL
October 22 Assorted Cold Cereal Assorted Muffins Fresh Fruit	October 23 Assorted Cold Assorted Nutrigrain Bars Fresh Fruit	October 24 Assorted Cold Cereal Assorted Poptarts Fresh Fruit	October 25 Assorted Cold Cereals Assorted Muffins Fresh Fruit	October 26 Assorted Cold Cereal Assorted Nutrigrain Bars Fresh Fruit
October 29 Assorted Cold Cereal Assorted Muffins Fresh Fruit	October 30 Assorted Cold Cereals Assorted Poptarts Fresh Fruit	October 31 Assorted Cold Cereal Assorted Muffins Fresh Fruit		

### Fresh Pick Recipe

#### EGG WHITE OMELETTE WITH SPINACH OR CHARD (MAKES 1 OMELETTE)

- 1 teaspoon olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.



### 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.

