

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Blueberry Patch Parfait with String Cheese (V)
Charbroiled Cheeseburger
Zesty Orange Chicken with Brown Rice

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Steamed Green Beans, Baby Carrots, Garden Salad  
Pineapple Tidbits

**2**

Kidzable: Ham & Cheese Beefy Nachos  
Home-Style Pepperoni Pizza

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Mixed Vegetables, Celery Sticks, Caesar Salad
Diced Peaches
Freshly Baked Cookie!

3

Terrific Turkey & Cheese Sandwich
Creamy Macaroni & Cheese (V)
Chicken & Waffles

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Emoji Potatoes, Fresh Broccoli, Garden Salad, Diced Pears & Sliced Apples

**4**

Kidzable: Turkey & Mozzarella Home Run Hot dog  
Chicken Enchilada Suiza

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Seasoned Carrots, Celery Sticks, Caesar Salad
Applesauce

5

Chicken Caesar Salad
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
Mesquite Glazed Drumstick with Dinner Roll
Pepperoni Pizza (V)

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Western Baked Beans, Fresh Broccoli, Garden Salad  
Mixed Fruit

**8**

Double Berry Parfait with String Cheese (V)  
Crispy Chicken Sandwich  
Savory Spaghetti & Meatballs

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Seasoned Mixed Vegetables, Garden Salad, Fresh Baby Carrots
Pineapple Tidbits

9

Kidzable: Ham & Cheese Cheesy Omelet with Toast (V)
Frito Chili Pie

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Tater Tots, Caesar Salad, Broccoli  
Diced Peaches  
\*Freshly Baked Cookie!\*

**10**

Terrific Turkey & Cheese Sandwich  
Rib-b-que Sandwich  
Crispy Chicken Nuggets with Dinner Roll

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Whipped Potatoes & Country Gravy, Garden Salad, Baby Carrots
Diced Peaches

11

Kidzable: Protein Power!
Goey Grilled Cheese Sandwich (V)
Giant Beef Taco with Spanish Rice

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Pinto Beans, Caesar Salad, Broccoli  
Applesauce

**12**

Sunbutter & Jelly Sandwich (V)  
Oklahoma Twister Dog  
Cheese Pizza (V)

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Groovy Green Peas, Celery Sticks, Garden Salad
Mixed Fruit

(V) Denotes a vegetarian friendly item.

15

Strawberry Fields Parfait with String Cheese (V)
Mexi-Chicken Nachos
Crispy Chicken Sandwich

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Seasoned Carrots, Garden Salad, Celery Sticks  
Pineapple Tidbits

**16**

Kidzable: Turkey & Mozzarella Home-style Cheese Pizza (V)  
Sloppy Joe

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Mixed Vegetables, Caesar Salad, Baby Carrots
Diced Peaches

17

Ham & Cheese Sandwich
Corn Dog
Crispy Chicken Nuggets with Dinner Roll

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Whipped Potatoes & Country Gravy, Garden Salad, Broccoli  
Diced Pears

**18**

FALL BREAK

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NO SCHOOL

19

FALL BREAK

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NO SCHOOL

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

**22**

Just Peachy Parfait (V)  
Grilled Chicken Stacker  
Walking Nachos

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Roasted Corn, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles

23

Kidzable: Ham & Cheese Bean & Cheese Burrito (V)
Creamy Mac & Cheese

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Green Beans, Caesar Salad, Fresh Broccoli, Diced Peaches & Bananas

**24**

Terrific Turkey & Cheese Sandwich  
Goey Grilled Cheese Sandwich  
Chicken & Waffles

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Emoji Potatoes, Celery Sticks, Garden Salad, Diced Pears & Sliced Apples

25

Kidzable: Protein Power!
**Savory Beefy Mac with Dinner Roll
Steak Fingers with Dinner Roll

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Whipped Potatoes & Gravy, Fresh Broccoli, Caesar Salad, Applesauce & Bananas  
\*Freshly Baked Cookie!\*

**26**

Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Crispy Chicken Sandwich  
Cheese Pizza (V)

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Western Baked Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

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

29

Strawberry Banana Parfait (V)
Rib-b-que Sandwich
Italian Dunkers (V)

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Western Baked Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

**30**

Kidzable: Turkey & Mozzarella Cheesy Chicken Spaghetti  
Frito Chili Pie

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Green Peas, Celery Sticks, Caesar Salad, Diced Peaches & Fresh Bananas
Rice Krispies Treat!

31

Ham & Cheese Sandwich on Whole Wheat Bread
Mummy Dogs!
Crispy Chicken Nuggets with Dinner Roll

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Whipped Potatoes & Country Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices



\*\*Celebrate Halloween with us on October 31st with our Mummy Dogs!\*\*

## 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<br>Sausage Biscuit<br>Glazed Donut<br>Diced Peaches                     | October 2<br>Pancake on a Stick<br>Chocolate Muffin<br>Orange Smiles                      | October 3<br>Breakfast Pizza<br>Nutrigrain Bar<br>Bananas                       | October 4<br>Cheddar Cheese Omelet<br>Cinnamon Roll<br>Mixed Fruit       | October 5<br>Breakfast Taco<br>Yogurt & Goldfish<br>Graham Cracker<br>Diced Pears  |
| October 8<br>Honey Glazed Chicken Biscuit<br>Banana Muffin<br>Diced Peaches       | October 9<br>Pancakes<br>Chocolate Crescent<br>Orange Smiles                              | October 10<br>Breakfast Pizza<br>Yogurt & Goldfish<br>Graham Cracker<br>Bananas | October 11<br>Egg & Cheese Omelet<br>Cinnamon Sugar Donut<br>Mixed Fruit | October 12<br>Biscuit & Gravy<br>Nutrigrain Bar<br>Diced Pears                     |
| October 15<br>Honey Glazed Chicken Biscuit<br>Chocolate Crescent<br>Diced Peaches | October 16<br>French Toast Sticks<br>Yogurt & Goldfish<br>Graham Cracker<br>Orange Smiles | October 17<br>Breakfast Pizza<br>Blueberry Muffin<br>Mixed Fruit                | October 18<br>FALL BREAK<br><br>NO SCHOOL                                | October 19<br>FALL BREAK<br><br>NO SCHOOL                                          |
| October 22<br>Sausage Biscuit<br>Glazed Donut<br>Diced Peaches                    | October 23<br>Pancake on a Stick<br>Chocolate Muffin<br>Orange Smiles                     | October 24<br>Breakfast Pizza<br>Nutrigrain Bar<br>Bananas                      | October 25<br>Cheddar Cheese Omelet<br>Cinnamon Roll<br>Mixed Fruit      | October 26<br>Breakfast Taco<br>Yogurt & Goldfish<br>Graham Cracker<br>Diced Pears |
| October 29<br>Honey Glazed Chicken Biscuit<br>Banana Muffin<br>Diced Peaches      | October 30<br>Pancakes<br>Chocolate Crescent<br>Orange Smiles                             | October 31<br>Breakfast Pizza<br>Yogurt & Goldfish<br>Graham Cracker<br>Bananas |                                                                          |                                                                                    |

### 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.

