

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**  
 Classic Chef Salad  
 Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
 Beefy Nachos  
 Chicken Enchilada Suiza  
 ~~~~~  
 Refried Beans, Celery Sticks, Caesar Salad, Diced Peaches & Bananas  
 \*Freshly Baked Cookie\*

**2**  
 Chicken Caesar Salad  
 Classic Ham & Cheese Sandwich on Whole Wheat Bread  
 Goey Grilled Cheese Sandwich (V)  
 Chicken & Waffles  
 ~~~~~  
 Emoji Potatoes, Fresh Broccoli, Garden Salad, Diced Pears & Sliced Apples

**3**  
 Crispy Chicken Salad  
 Blueberry Patch Parfait (V)  
 Crispy Chicken Sandwich  
 Creamy Mac & Cheese (V)  
 ~~~~~  
 Western Baked Beans, Celery Sticks, Caesar Salad, Applesauce & Fresh Bananas

**4**  
 Crispy Chicken Salad  
 Kidzable: Ham & Cheese  
 Chicken Quesadilla  
 Home-Style Cheese Pizza (V)  
 ~~~~~  
 Corn, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles

Local ingredients used when seasonally available

**7**  
 Classic Chef Salad  
 Kidzable: Protein Power (V)  
 Crispy Chicken Sandwich  
 Savory Spaghetti & Meatball  
 ~~~~~  
 Mixed Vegetables, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

**8**  
 Classic Chef Salad  
 Sunbutter & Jelly Sandwich (V)  
 Cheddar Cheese Omelet & Buttery Toast (V)  
 Walking Nachos  
 ~~~~~  
 Baked Cinnamon Apples, Fresh Broccoli, Caesar Salad, Diced Peaches & Bananas  
 \*Freshly Baked Cookie\*

**9**  
 Chicken Caesar Salad  
 All American Sandwich on Whole Wheat Bread  
 Chicken Nuggets & Dinner Roll  
 Sloppy Joe  
 ~~~~~  
 Creamy Mashed Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices

**10**  
 Crispy Chicken Salad  
 Double Berry Parfait (V)  
 Tater Tot Casserole  
 Corn Dog  
 ~~~~~  
 Corn, Caesar Salad, Fresh Broccoli, Applesauce & Bananas

**11**  
 Crispy Chicken Salad  
 Kidzable: Ham & Cheese  
 Rib-b-que Sandwich  
 Home-Style Cheese Pizza (V)  
 ~~~~~  
 Western Baked Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

**14**  
 Classic Chef Salad  
 Kidzable: Italian  
 Charbroiled Cheeseburger  
 Mexi-Chicken Nachos  
 ~~~~~  
 Frijoles ala Charros, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

**15**  
 Classic Chef Salad  
 Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
 Beefy Mac & Breadstick  
 Italian Dunkers (V)  
 ~~~~~  
 Roasted Broccoli, Baby Carrots, Caesar Salad, Diced Peaches & Fresh Bananas  
 \*Cocoa Rice Krispies Treat\*

**16**  
 Chicken Caesar Salad  
 Classic Ham & Cheese Sandwich on Whole Wheat Bread  
 Home Run Hot Dog  
 Chicken Nuggets & Dinner Roll  
 ~~~~~  
 Whipped Potatoes & Gravy, Fresh Broccoli, Garden Salad, Diced Pears & Apple Slices

**17**  
 Fall Break

**18**  
 Fall Break

Variety of fat free and low fat milk are offered daily

**21**  
 Classic Chef Salad  
 Kidzable: Power Protein (V)  
 Goey Grilled Cheese Sandwich (V)  
 Walking Nachos  
 ~~~~~  
 Refried Beans, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles

**22**  
 Classic Chef Salad  
 Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
 Charbroiled Cheeseburger  
 Zesty Orange Chicken with Rice  
 ~~~~~  
 Mixed Vegetables, Caesar Salad, Fresh Broccoli, Diced Peaches & Fresh Bananas

**23**  
 Chicken Caesar Salad  
 Terrific Turkey & Cheese Sandwich  
 Bean & Cheese Burrito (V)  
 Chicken & Waffles  
 ~~~~~  
 French Fries, Celery Sticks, Garden Salad, Diced Pears & Sliced Apples

**24**  
 Crispy Chicken Salad  
 Just Peachy Parfait (V)  
 Oklahoma Twister Dog  
 Steak Fingers with Dinner Roll  
 ~~~~~  
 Whipped Potatoes & Gravy, Fresh Broccoli, Caesar Salad, Applesauce & Bananas  
 \*Freshly Baked Cookie\*

**25**  
 Crispy Chicken Salad  
 Kidzable: Ham & Cheese  
 Rib-b-que Sandwich  
 Home-style Cheese Pizza (V)  
 ~~~~~  
 Green Peas, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

(V) Denotes a vegetarian friendly item

**28**  
 Classic Chef Salad  
 Kidzable: Italian  
 Chicken Fried Steak Sandwich  
 Italian Dunkers (V)  
 ~~~~~  
 Western Baked Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

**29**  
 Classic Chef Salad  
 Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
 Cheesy Chicken Spaghetti  
 Frito Chili Pie (V)  
 ~~~~~  
 Golden Corn, Celery Sticks, Caesar Salad, Diced Peaches & Bananas  
 \*Rice Krispies Treat\*

**30**  
 Chicken Caesar Salad  
 All American Sandwich on Whole Wheat Bread  
 Chicken Nuggets with Dinner Roll  
 Creamy Macaroni & Cheese (V)  
 ~~~~~  
 Whipped Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices

**31**  
 Crispy Chicken Salad  
 Strawberry Banana Parfait (V)  
 French Toast Sticks with Scrambled Eggs & Sausage  
 Corn Dog  
 ~~~~~  
 Tater Tots, Fresh Broccoli, Caesar Salad, Applesauce & Bananas

Lunch Prices Full: \$3 Reduced: \$.40 Faculty: \$3.45 Guest: \$4

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

## BREAKFAST MENU

| MONDAY                                                                                            | TUESDAY                                                                                     | WEDNESDAY                                                                                       | THURSDAY                                                                    | FRIDAY                                                                                                       |
|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| Variety of Cereal & Milk Offered Daily!                                                           | October 1<br>Biscuit & Gravy<br>Coffee Cake<br>Orange Smiles<br>Apple Juice                 | October 2<br>Breakfast Pizza<br>Blueberry Muffin<br>Fresh Bananas<br>Orange Juice               | October 3<br>Breakfast Taco<br>Cinnamon Roll<br>Mixed Fruit<br>Apple Juice  | October 4<br>French Toast Sticks<br>Strawberry Nutrigrain Bar<br>Diced Pears<br>Orange Juice                 |
| October 7<br>Pancake Sausage Wrap<br>Double Chocolate Muffin<br>Diced Peaches<br>Orange Juice     | October 8<br>Sausage Biscuit<br>Glazed Donut<br>Orange Smiles<br>Apple Juice                | October 9<br>Breakfast Pizza<br>Apple Cinnamon Nutrigrain Bar<br>Fresh Bananas<br>Orange Juice  | October 10<br>Cheesy Omelet<br>Cinnamon Roll<br>Mixed Fruit<br>Apple Juice  | October 11<br>Biscuits & Gravy<br>Yogurt with Graham Crackers<br>Diced Pears<br>Orange Juice                 |
| October 14<br>Pancakes<br>Hard Boiled Egg<br>Diced Peaches<br>Orange Juice                        | October 15<br>Honey Glazed Chicken Biscuit<br>Banana Muffin<br>Orange Smiles<br>Apple Juice | October 16<br>Breakfast Pizza<br>Yogurt with Graham Crackers<br>Mixed Fruit<br>Orange Juice     | October 17<br>Fall Break                                                    | October 18<br>Fall Break                                                                                     |
| October 21<br>French Toast Sticks<br>Yogurt with Graham Crackers<br>Diced Peaches<br>Orange Juice | October 22<br>Biscuit & Gravy<br>Coffee Cake<br>Orange Smiles<br>Apple Juice                | October 23<br>Breakfast Pizza<br>Blueberry Muffin<br>Fresh Bananas<br>Orange Juice              | October 24<br>Breakfast Taco<br>Cinnamon Roll<br>Mixed Fruit<br>Apple Juice | October 25<br>**Birthday Mini Confetti Pancakes!<br>Strawberry Nutrigrain Bar<br>Diced Pears<br>Orange Juice |
| October 28<br>Pancake Sausage Wrap<br>Double Chocolate Muffin<br>Diced Peaches<br>Orange Juice    | October 29<br>Sausage Biscuit<br>Glazed Donut<br>Orange Smiles<br>Apple Juice               | October 30<br>Breakfast Pizza<br>Apple Cinnamon Nutrigrain Bar<br>Fresh Bananas<br>Orange Juice | October 31<br>Cheesy Omelet<br>Cinnamon Roll<br>Mixed Fruit<br>Apple Juice  |                                                                                                              |

## 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.

