

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Beefy Nachos

Refried Beans,
Diced Peaches

Freshly Baked Cookie

2

Chicken & Waffles

Emoji Potatoes,
Diced Pears

3

Creamy Mac & Cheese (V)

Western Baked Beans,
Applesauce

4

Home-Style Cheese Pizza (V)

Corn,
Orange Smiles

Local ingredients used when seasonally available

7

Crispy Chicken Sandwich

Mixed Vegetables,
Pineapple Tidbits

8

Walking Nachos

Baked Cinnamon Apples,
Diced Peaches
Freshly Baked Cookie

9

Chicken Nuggets & Dinner Roll

Creamy Mashed Potatoes & Gravy,
Diced Pears

10

Corn Dog

Corn,
Applesauce

11

Home-Style Cheese Pizza (V)

Western Baked Beans,
Mixed Fruit

14

Charbroiled Cheeseburger

Frijoles ala Charros,
Orange Smiles

15

Italian Dunkers (V)

Roasted Broccoli,
Diced Peaches
Cocoa Rice Krispies Treat

16

Chicken Nuggets & Dinner Roll

Whipped Potatoes & Gravy,
Diced Pears

17

Fall Break

18

Fall Break

Variety of fat free and low fat milk are offered daily

21

Goopy Grilled Cheese Sandwich (V)

Refried Beans,
Pineapple Tidbits

22

Charbroiled Cheeseburger

Mixed Vegetables,
Diced Peaches

23

Chicken & Waffles

French Fries,
Diced Pears

24

Steak Fingers with Dinner Roll

Whipped Potatoes & Gravy,
Applesauce
Freshly Baked Cookie

25

Home-style Cheese Pizza (V)

Green Peas,
Orange Smiles

(V) Denotes a vegetarian friendly item

28

Italian Dunkers (V)

Western Baked Beans,
Pineapple Tidbits

29

Frito Chili Pie (V)

Golden Corn,
Diced Peaches
Rice Krispies Treat

30

Chicken Nuggets with Dinner Roll

Whipped Potatoes & Gravy,
Diced Pears

31

Corn Dog

Tater Tots,
Applesauce

Lunch Prices Full: \$2.80 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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Variety of Cereal & Milk Offered Daily!	October 1 Cold Cereal Graham Cracker Milk Juice	October 2 Cold Cereal Graham Cracker Milk Juice	October 3 Cold Cereal Graham Cracker Milk Juice	October 4 Cold Cereal Graham Cracker Milk Juice
October 7 Cold Cereal Graham Cracker Milk Juice	October 8 Cold Cereal Graham Cracker Milk Juice	October 9 Trix Yogurt Graham Cracker Milk Juice	October 10 Cold Cereal Graham Cracker Milk Juice	October 11 Cold Cereal Graham Cracker Milk Juice
October 14 Cold Cereal Graham Cracker Milk Juice	October 15 Cold Cereal Graham Cracker Milk Juice	October 16 Trix Yogurt Graham Cracker Milk Juice	October 17 Fall Break	October 18 Fall Break
October 21 Cold Cereal Graham Cracker Milk Juice	October 22 Cold Cereal Graham Cracker Milk Juice	October 23 Trix Yogurt Graham Cracker Milk Juice	October 24 Cold Cereal Graham Cracker Milk Juice	October 25 Cold Cereal Graham Cracker Milk Juice
October 28 Cold Cereal Graham Cracker Milk Juice	October 29 Cold Cereal Graham Cracker Milk Juice	October 30 Trix Yogurt Graham Cracker Milk Juice	October 31 Cold Cereal Graham Cracker Milk 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.

