

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Cheese Pizza
or
Pepperoni Pizza

2

Cheeseburger Twins
or
Protein Pack
w/ Sunflower Seeds

You must select a half a cup of fruit or vegetable or a combination of both with your meal. You may select more.

5

Taco Pocket
or
French Toast Sticks
& Cheese Stick

6

Popcorn Chicken
w/ Roll
or
Bean & Cheese Burrito

7

Cheese Cup with Tortilla
Chips & Vegetables
or
Turkey & Cheese Sandwich

8

Cheese Pizza
or
Chicken Caesar Salad
w/ Breadstick or Roll

9

Green Chili & Cheese Tamale
or
Beef Rib Sandwich

We offer fruits and vegetables daily with your lunch meal.

12

Chicken Patty Sandwich
or
Bosco Breadsticks with
Marinara Cup

13

Chicken Nuggets w/ Roll
or
Sun Butter & Jelly
Sandwich w/ String Cheese

14

Hot Dog
or
Grilled Cheese Sandwich

15

Cheese Pizza
or
Pepperoni Pizza

16

Cheeseburger Twins
or
Protein Pack
w/ Sunflower Seeds

We offer non fat chocolate milk and 1% white milk with your meal.

19

Taco Pocket
or
French Toast Sticks
& Cheese Stick

20

Popcorn Chicken
w/ Roll
or
Bean & Cheese Burrito

21

Cheese Cup with Tortilla
Chips & Vegetables
or
Turkey & Cheese Sandwich

22

Cheese Pizza
or
Chicken Caesar Salad
w/ Breadstick or Roll

23

Green Chili & Cheese Tamale
or
Beef Rib Sandwich

26

Chicken Patty Sandwich
or
Bosco Breadsticks
with Marinara Cup

27

Chicken Nuggets w/ Roll
or
Sun Butter & Jelly
Sandwich w/ String Cheese

28

Hot Dog
or
Grilled Cheese Sandwich

29

Cheese Pizza
or
Turkey & Cheese
Sandwich

30

Cheeseburger Twins
or
Protein Pack w/
Sunflower Seeds

Menu is subject to change. You must submit your meal application each year. One per family only.

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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Apple Cinnamon, Banana, or Blueberry Muffin & String Cheese	Apple or Cherry Frudel
Oatmeal w/ Cheese Stick	Bagel & Cream Cheese	Mini Cinnis	Variety Pan Dulce IW	Grape Filled Crescent
Cereal & Graham Cracker	Benefit Bar	Variety Breakfast Bread	Ultimate Breakfast Round IW Cinnamon or Chocolate Chip	Strawberry or Cinnamon Mini Bagels
Oatmeal and Cheese Stick	Cinnamon Bun IW	Soft Filled Bar (Cocoa Puff or Cinnamon Toast Crunch)	Apple Cinnamon, Banana, or Blueberry Muffin & String Cheese	Apple or Cherry Frudel
Cereal & Graham Crackers	Bagel & Cream Cheese	Mini Cinnis	Ultimate Breakfast Round IW or Cinnamon or Chocolate Chip Bun	Strawberry or Cinnamon Mini Bagels

Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.



ALL MEALS MUST BE CHARGED TO THE STUDENT ACCOUNT AND CATEGORY THAT THEY QUALIFY FOR (FREE, REDUCED, OR PAID MEALS).

THE PAID MEAL PROCES FOR 2020-2021 ARE:

BREAKFAST- FULL PAY\$3.00
 BREAKFAST- REDUCED\$0.30
 LUNCH- FULL PAY\$5.00
 LUNCH- REDUCED\$0.40



10% post-consumer



Please look for these icons in your cafeteria.