

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Bento Box
Chicken Nuggets & Twisted
Breadstick

Whipped Potatoes, Baby Carrots
& Cinnamon Swirled Apples

Try our cinnamon apples! The perfect fall fresh pick!

4

Ham & Cheese Sandwich
Classic Chicken Alfredo Mac

Baby Carrots, Caesar Salad
& Diced Peaches

5

Chicken Caesar Salad
Cheese Quesadilla (V)

Mixed Vegetables & Orange Smiles

6

Turkey & Cheese Sandwich
Baked Penne Pasta (V)

Green Beans, Celery Sticks
& Fresh Bananas

7

All American Sandwich
Popcorn Chicken with Breadstick

Baked Beans, Fresh Broccoli
& Mixed Fruit

8

All American Sandwich
Cheese Pizza (V)

Roasted Broccoli & Carrots, Baby
Carrots & Grapes

Local ingredients used when seasonally available

11

Bento Box
Cheeseburger

Tater Tots, Baby Carrots
& Fresh Apples

12

Chef Salad
Giant Beef Taco

Mixed Vegetables
& Diced Pears

13

Classic Ham & Cheese Sandwich
Popcorn Chicken Bowl

Roasted Broccoli & Carrots,
Fresh Broccoli
& Applesauce

14

Yogurt & Fruit Parfait (V)
Crispy Chicken Sandwich

Baked Beans, Baby Carrots
& Fresh Oranges

15

No School
FALL BREAK

Variety of fat free and low fat milk are offered daily

18

No School
FALL BREAK

19

No School
FALL BREAK

20

Crispy Chicken Salad
Frito Chili Pie

Mexican Black Beans, Baby Carrots
& Applesauce

21

All American Sandwich
Mini Corn Dogs

Green Beans, Fresh Broccoli
& Mixed Fruit

22

Buffalo Chicken Wrap
Cheese Pizza (V)

Caesar Salad, Fresh Broccoli
& Cinnamon Swirled Apples

(V) Denotes a vegetarian friendly item

25

Ham & Cheese Sandwich
Chicken Nuggets

Mixed Vegetables, Baby Carrots,
& Diced Peaches

26

Classic Ham & Cheese Sandwich
Italian Dunkers (V)

Peas & Carrots, Fresh Broccoli
& Orange Smiles

27

Chef Salad
Pepperoni Pizza

Roasted Broccoli & Carrots
& Fresh Bananas

28

Bento Box
Crispy Chicken Sandwich

Baked Beans, Fresh Broccoli,
& Orange Smiles

29

Turkey & Cheese Sandwich
Steak Fingers

Green Beans, Baby Carrots
& Grapes

Menu subject to change based on product availability

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
Variety of Cereals and Milk offered Daily!				October 1 Breakfast Pizza Orange Smiles
October 4 Sausage Biscuit Applesauce	October 5 Blueberry Muffin Diced Peaches	October 6 French Toast Sticks Apple Slices	October 7 Honey Glazed Chicken Biscuit Fresh Banana	October 8 Cinnamon Roll Raisins
October 11 American Breakfast Sandwich Raisins	October 12 Pancakes Diced Peaches	October 13 Oatmeal Round Orange Smiles	October 14 Breakfast Taco Roll Orange Smiles	October 15 No School FALL BREAK
October 18 No Scholl FALL BREAK	October 19 No School FALL BREAK	October 20 Banana Muffin Orange Smiles	October 21 Egg & Cheese Biscuit Orange Smiles	October 22 Oatmeal Round Raisins
October 25 Mini Cinnamon Bagels Mixed Fruit	October 26 Bacon Scramble Breakfast Pizza Baked Cinnamon Apples	October 27 French Toast Sticks Fresh Banana	October 28 Biscuit & Sausage Gravy Diced Peaches	October 29 Blueberry Mini Waffles Applesauce

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



All **MEALS FREE** to students!!!



Nutrition Information is available upon request.