

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Cheeseburger
Macaroni & Cheese (V)
Ham & Cheese Sandwich
That's What I Like! That's What I Like! That's What I Like!
Tater Tots
California Blend

3

Crispy Chicken Sandwich
Popcorn Chicken Bowl
Hearty Garden Salad

Mashed Potatoes
Corn
Chocolate Chip Cookie

4

Italian Cheese Dunkers (V)
Meatball Sub
Bento Pizza Box
That's What I Like! That's What I Like! That's What I Like!
Parmesan Green Beans
Roasted Squash/Zucchini

5

Corn Dog
Beef & Cheese Nachos
Turkey & Cheese Sandwich
That's What I Like! That's What I Like! That's What I Like!
Mexican Black Bean Crinkle
Sweet Potato Fries

6

Chicken Enchilada Suiza
Pepperoni Pizza
Sunbutter & Jelly Sandwich (V)
That's What I Like! That's What I Like! That's What I Like!
Roasted Broccoli & Carrots
Refried Beans

9

Chicken Alfredo Mac
With Garlic Knot
Italian Cheese Dunkers (V)
Bento Pizza Box
That's What I Like! That's What I Like! That's What I Like!
Roasted Green Beans
Roasted Broccoli

10

Cheese Pizza
Chicken Quesadilla (V)
American Sandwich

Peas and Carrots
Pinto Beans
Chocolate Chip Cookie

11

Grilled Cheese Sandwich (V)
Spaghetti & Meatballs
With Breadstick
Turkey & Cheese Sandwich
That's What I Like! That's What I Like! That's What I Like!
Roasted Squash & Zucchini
Sweet Potato Crinkle Fries

12

Chili Dog
Frito Chili Pie
Sunbutter & Jelly Sandwich (V)
That's What I Like! That's What I Like! That's What I Like!
Carolina Slaw
Aztec Corn

13

Chicken Nuggets
with Dinner Roll
Veggie Burger (V)
Ham & Cheese Sandwich
That's What I Like! That's What I Like! That's What I Like!
Glazed Carrots
Mashed Potatoes/Gravy

Local ingredients used when seasonally available

16

Walking Nachos
w/Pico De Gallo
BBQ Chicken Sandwich
Sunbutter & Jelly Sandwich (V)
That's What I Like! That's What I Like! That's What I Like!
Refried Beans
Blue Ribbon Slaw

17

Macaroni & Cheese (V)
w/ Garlic Knot
Corn Dog
Crispy Chicken Wrap
That's What I Like! That's What I Like! That's What I Like!
Roasted Broccoli Crinkle
Fries
Chocolate Chip Cookie

18

Fall Break

19

Fall Break

20

Fall Break

Variety of fat-free and non-fat milk offered daily

23

Chicken & Waffles
Chicken Drumstick
Ham & Cheese Sandwich
That's What I Like! That's What I Like! That's What I Like!
Crinkle Sweet Potato Fries
Baked Cinnamon Apples

24

Italian Cheese Dunkers (V)
Lasagna w/ Breadstick
Buffalo Chicken Wrap
That's What I Like! That's What I Like! That's What I Like!
Parmesan Green Beans
Roasted Squash/Zucchini
Chocolate Chip Cookie

25

Bean & Cheese Nachos (V)
Mexi-Chicken Nachos
Crispy Chicken Wrap
That's What I Like! That's What I Like! That's What I Like!
Corn Elotes
Charro Beans

26

Twisted Dog
Orange Chicken
Sunbutter & Jelly Sandwich (V)
That's What I Like! That's What I Like! That's What I Like!
Roasted Broccoli
Tarter Tots

27

Cheese Pizza (V)
Ham and Cheese Melt
Caesar Chicken Wrap
That's What I Like! That's What I Like! That's What I Like!
Crinkle Fries
California Blend

(V) denotes vegetarian-friendly item

30

BBQ Riblet Sandwiches
Baked Penne (V)
w/ Garlic Knot
American Sandwich
That's What I Like! That's What I Like! That's What I Like!
Crinkle Sweet Potato Fries
Roasted Green Beans

31

Cheese Pizza (V)
Hamburger
Chicken Caesar Wrap
That's What I Like! That's What I Like! That's What I Like!
Crinkle Fries
Roasted Broccoli
Chocolate Chip Cookie

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.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2 Cinnamon Toast Crunch Bar Applesauce ~~~~~ Juice and Milk	October 3 Biscuit & Gravy Orange Slices ~~~~~ Milk	October 4 Breakfast Pizza Banana ~~~~~ Juice and Milk	October 5 Ham & Cheese English Muffin Diced Peaches ~~~~~ Milk	October 6 Sausage Biscuit Fresh Apple ~~~~~ Juice and Milk
October 9 Pancake Sausage Bites Applesauce ~~~~~ Juice and Milk	October 10 Biscuit & Gravy Orange Slices ~~~~~ Milk	October 11 Breakfast Pizza Banana ~~~~~ Juice and Milk	October 12 Ham & Cheese English Muffin Diced Peaches ~~~~~ Milk	October 13 Chicken & Waffles Stacker Whole Apple ~~~~~ Juice and Milk
October 16 Cinnamon Toast Crunch bar Applesauce ~~~~~ Juice and Milk	October 17 Cinnamon Rolls Orange Slices ~~~~~ Milk	Fall Break	Fall Break	Fall Break
October 23 French toast Mini Bites Applesauce ~~~~~ Juice and Milk	October 24 Biscuits & Gravy Orange Smiles ~~~~~ Milk	October 25 Breakfast Pizza Banana ~~~~~ Juice and Milk	October 26 Ham & Cheese English Muffin Diced Peaches ~~~~~ Milk	October 27 English Muffin Plain Apples ~~~~~ Juice and Milk
October 30 French Toast Sticks Applesauce ~~~~~ Juice and Milk	October 31 Biscuit & Gravy Orange Smiles ~~~~~ Milk			<i>Variety of Cereals Offered Daily!</i>

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.

We are so excited to be back for another outstanding school year!
 We hope to inspire and encourage all students to make healthy choices regularly!