<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
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<td>5</td>
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</tbody>
</table>
| Cheeseburger  
Macaroni & Cheese (V)  
Ham & Cheese Sandwich  
----------  
Tater Tots  
California Blend | Crispy Chicken Sandwich  
Popcorn Chicken  
Bowl  
Hearty Garden Salad  
----------  
Mashed Potatoes  
Corn  
Chocolate Chip Cookie | Italian Cheese Dunkers (V)  
Meatball Sub  
Bento Pizza Box  
----------  
Parmesan Green Beans  
Roasted Squash/Zucchini | Corn Dog  
Beef & Cheese Nachos  
Turkey & Cheese Sandwich  
----------  
Mexican Black Bean Crinkle Fries  
Sweet Potato Fries | Chicken Enchilada Suiza  
Pepperoni Pizza  
Sunbutter & Jelly Sandwich (V)  
----------  
Roasted Broccoli & Carrots  
Ricotta Beans |

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<tr>
<th>7</th>
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</thead>
</table>
| Cheese Pizza  
Chicken Quesadilla (V)  
American Sandwich  
----------  
Peas and Carrots  
Pinto Beans  
Chocolate Chip Cookie | Grilled Cheese Sandwich (V)  
Spaghetti & Meatballs  
With Breadstick  
Turkey & Cheese Sandwich  
----------  
Roasted Squash & Zucchini  
Sweet Potato Crinkle Fries | Chili Dog  
Frito Chili Pie  
Sunbutter & Jelly Sandwich (V)  
----------  
Carolina Slaw  
Aztec Corn | Chicken Nuggets  
with Dinner Roll  
Vegetable Burger (V)  
Ham & Cheese Sandwich  
----------  
Glazed Carrots  
Mashed Potatoes/Gravy |

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<tr>
<th>12</th>
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<th>14</th>
<th>15</th>
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</tr>
</thead>
</table>
| Potato Crinkle Fries  
Roasted Broccoli  
---------- | Pizza (V)  
Macaroni & Cheese (V)  
w/ Garlic Knot  
Corn Dog  
Crspy Chicken Wrap  
----------  
Roasted Broccoli  
Crinkle Fries  
Chocolate Chip Cookie | Local ingredients used when seasonally available | Macaroni & Cheese (V)  
w/ Garlic Knot  
Corn Dog  
Crispy Chicken Wrap  
----------  
Roasted Broccoli  
Crinkle Fries  
Chocolate Chip Cookie | Fall Break | Fall Break | Fall Break |

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<tr>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
</tr>
</thead>
</table>
| Macaroni & Cheese (V)  
w/ Garlic Knot  
Corn Dog  
Crispy Chicken Wrap  
----------  
Roasted Broccoli  
Crinkle Fries  
Chocolate Chip Cookie | Fall Break | Fall Break | Fall Break | Local ingredients used when seasonally available |

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<th>22</th>
<th>23</th>
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<th>25</th>
<th>26</th>
</tr>
</thead>
</table>
| Italian Cheese Dunkers (V)  
Lasagna w/ Breadstick  
Buffalo Chicken Wrap  
----------  
Parmesan Green Beans  
Roasted Squash/Zucchini  
Chocolate Chip Cookie | Chicken & Waffles  
Chicken Drumstick  
Ham & Cheese Sandwich  
---------- | Bean & Cheese Nachos (V)  
Mini-Chicken Nachos  
Crispy Chicken Wrap  
----------  
Corn Elotes  
Charro Beans | Twisted Dog  
Orange Chicken  
Sunbutter & Jelly Sandwich (V)  
----------  
Roasted Broccoli  
Tater Tots | Cheese Pizza (V)  
Ham and Cheese Melt  
Caesar Chicken Wrap  
---------- | (V) denotes vegetarian-friendly item |

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<tr>
<th>28</th>
<th>29</th>
<th>30</th>
<th>31</th>
<th>32</th>
</tr>
</thead>
</table>
| BBQ Riblet Sandwiches  
Baked Penne (V)  
w/ Garlic Knot  
American Sandwich  
----------  
Crinkle Sweet Potato Fries  
Roasted Green Beans | Cheese Pizza (V)  
Hamburger  
Chicken Caesar Wrap  
----------  
Crinkle Fries  
Roasted Broccoli  
Chocolate Chip Cookie | Local ingredients used when seasonally available | 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.

BREACKFAST MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>October 2</td>
<td>October 3</td>
<td>October 4</td>
<td>October 5</td>
<td>October 6</td>
</tr>
<tr>
<td>Cinnamon Toast Crunch Bar Biscuit &amp; Gravy Orange Slices</td>
<td>Biscuit &amp; Gravy Orange Slices</td>
<td>Breakfast Pizza Banana</td>
<td>Ham &amp; Cheese English Muffin Diced Peaches</td>
<td>Sausage Biscuit Fresh Apple Fresh Apple</td>
</tr>
<tr>
<td>Applesauce Juice and Milk</td>
<td>Milk</td>
<td>Juice and Milk</td>
<td>Milk</td>
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<td>October 9</td>
<td>October 10</td>
<td>October 11</td>
<td>October 12</td>
<td>October 13</td>
</tr>
<tr>
<td>Pancake Sausage Biscuit Biscuit &amp; Gravy Orange Slices</td>
<td>Biscuit &amp; Gravy Orange Slices</td>
<td>Breakfast Pizza Banana</td>
<td>Ham &amp; Cheese English Muffin Diced Peaches</td>
<td>Chicken &amp; Waffles Stacker Whole Apple</td>
</tr>
<tr>
<td>Applesauce Juice and Milk</td>
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<tr>
<td>October 16</td>
<td>October 17</td>
<td>Fall Break</td>
<td>Fall Break</td>
<td>Fall Break</td>
</tr>
<tr>
<td>Cinnamon Toast Crunch Bar Cinnamon Rolls Orange Slices</td>
<td>Cinnamon Rolls Orange Rolls</td>
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<tr>
<td>Applesauce Juice and Milk</td>
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<td>October 23</td>
<td>October 24</td>
<td>October 25</td>
<td>October 26</td>
<td>October 27</td>
</tr>
<tr>
<td>French toast Mini Bites Biscuits &amp; Gravy Orange Slices</td>
<td>Biscuits &amp; Gravy Orange Slices</td>
<td>Breakfast Pizza Banana</td>
<td>Ham &amp; Cheese English Muffin Diced Peaches</td>
<td>English Muffin Plain Muffin</td>
</tr>
<tr>
<td>Applesauce Juice and Milk</td>
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<td>Juice and Milk</td>
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<tr>
<td>October 30</td>
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<tr>
<td>French Toast Sticks Biscuit &amp; Gravy Orange Smiles</td>
<td>Biscuit &amp; Gravy Orange Smiles</td>
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</tr>
<tr>
<td>Applesauce Juice and Milk</td>
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Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¾ 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.

Variety of Cereals Offered Daily!

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!