

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

2

Hot Dog on a Bun  
Seasoned Carrot Coins

3

Chicken Nuggets  
w/ Dinner Roll  
Curly Fries

4

Philly Cheesesteak  
Roasted Broccoli & Carrots

5

Baked Ziti  
w/Meat Sauce & Breadstick  
Southwest Black Beans

6

**Pizza day:**  
French Bread Pizza  
Garden Tossed Salad

Offered Daily 10/2-10/6: Italian Sub or Peanut Butter & Jelly Sandwich

9

SCHOOL CLOSED  
FOR  
COLOMBUS DAY

10

**Taco Tuesday:**  
Chicken Fajita Tacos  
w/ Spanish Rice  
Aztec Corn

11

Beefy Cheese Mac  
Roasted Broccoli

12

**Breakfast for Lunch:**  
Waffles & Egg Patty  
Tater Tots

13

**Pizza Day:**  
4x6 Smart Pizza  
Garden Tossed Salad

Offered Daily 10/9-10/13: Crispy Chicken Salad w/ Dinner Roll or Peanut Butter & Jelly Sandwich

16

Chicken Tenders  
w/ Side of Macaroni & Cheese  
Seasoned Carrot Coins

17

Chicken Patty Sandwich  
Baked French Fries

18

**Breakfast for Lunch:**  
French Toast  
w/Sausage  
Sautéed Spinach

19

Teriyaki Popcorn Chicken  
Over Rice  
Mixed Veggies

20

**Pizza Day:**  
Big Daddy Pizza  
Garden Tossed Salad

Offered Daily 10/16-10/20: Ham & Cheese Sandwich or Peanut Butter & Jelly Sandwich

23

Hot Diggity Dog  
Sweet Potato Fries

24

**Taco Tuesday:**  
Beef Tacos  
w/ Spanish Rice  
Elote Corn

25

Meatball Parm Sub  
Seasoned Green Beans

26

Bacon Cheeseburger  
Black Bean & Corn Salsa

27

**Pizza Day:**  
Galaxy Round Pizza  
Garden Tossed Salad

Offered Daily 10/23-10/27: Crispy Chicken Wrap, or Peanut Butter & Jelly Sandwich

30

Breakfast for Lunch:  
French Toast Sticks & Sausage  
Citrus Glazed Carrots

31

Taco Totchos  
w/ Buttermilk Biscuit  
Tater Tots



All lunches include a variety of  
fresh fruit, chilled fruit cup, and  
choice of milk (skim, 1% or fat free  
chocolate)

Menu Subject to Change

Reduced Breakfast Price: \$0.00  
Paid Breakfast Price: \$2.25

Reduced Lunch Price: \$0.00  
Paid Lunch Price: \$3.25

Offered Daily 10/30 & 10/31: Turkey Club Sandwich or Peanut Butter & Jelly Sandwich



## 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.liftoffsp playground.com](http://www.liftoffsp playground.com)

## It's National Pizza Month!

Today, National Pizza Month is observed each October across the U.S. and in much of Canada, too. However, based upon consumption behaviors, every month could be considered Pizza Month in the United States. People don't really need a special month for pizza in a country where there are an estimated 63,000 pizzerias and 94% of Americans eat pizza at least once a month. The figures equal the consumption of about 45 slices of pizza per person in the U.S. each year and show that Americans definitely love their pizza as evidenced by current figures, which show that they consume 100 acres of pizza per day, or 350 slices per second.

Some people question if pizza is healthy. The answer is yes and no. Depending on the type of crust, the amount of cheese and the toppings used, pizza can rank anywhere from nutritionally decent to a diet disaster. Not only do the ingredients used to make the pizza cause a significant swing in the nutritional content of pizza, but the size of the slice and the number of slices you eat count, too. In the USDA school meal program, all pizzas are required to meet very specific nutrition standards for calories, fat and sodium. School pizza includes a healthier mix of ingredients including lower sodium, lycopene-rich tomato sauce and lower fat, calcium boosting mozzarella cheese. Coupled with a side of vegetables and/or fruit, students can enjoy a well-balanced meal. If you enjoy pizza on a regular basis, try making it at home using healthier ingredients, such as part-skim mozzarella cheese and tomato sauce without added salt. Don't forget to top it with lots of vegetables; the more colorful your pizza, the better!

*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

## Fresh Pick Recipe

### TUSCAN WHITE BEAN SALAD (SERVES 30 - 1.5 OZ)

- 2 lbs cannellini beans
- 1/4 cup sweet green peppers, diced
- 1/4 cup sweet red peppers, diced
- 1/4 cup fresh red onion
- 1/2 cup black olives, sliced
- 1 tablespoon raw garlic
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh rosemary
- 1/4 cup and 2 tablespoons lemon juice
- 3 tablespoons cider vinegar
- 3 tablespoons canola oil
- 3/4 teaspoon ground black pepper

1. Combine all ingredients in a large bowl.
2. Keep refrigerated until ready to serve.

**NUTRITION FACTS:**  
74 calories, 2g fat,  
81mg sodium, 4g fiber



Due to the nationwide product and ingredient shortages, menus are subject to change based on product availability. Although menus may change, our teams are working hard to ensure that students still have access to a variety of well-balanced and healthy meal options.

Comments or concerns, please contact: Gail Wolsch, General Manager of Sodexo Food Services @ 732-531-5630 ext. 7091

Nutrition Information is available upon request.