

MONDAY

nutrislice

TUESDAY



WEDNESDAY



THURSDAY

1

Breakfast
WG Cherry Frudel (v)
Lunch
Creamy Mac & Cheese
Chicken Drumstick, Potatoes, WG
Rolls
Ham & Cheese Sandwich
Featured Side: Mashed Potato

FRIDAY

2

Breakfast
WG Mini Cinni (v)
Lunch
Scratch Made Cheese Pizza (v)
Scratch Made Pepperoni Pizza
Fish Sticks w/WG Roll
Deli Stackable Box
Featured Side: Green Bean

Breakfast Choices Include: Choice of Entree', Choice of Fruit(s) and Low-Fat or Fat-Free Milk

5

Breakfast
WG Pancake Wrap
Lunch
Pretzel w/Cheese (v)
Creamy Chicken Alfredo
Blueberry Parfait (v)
Featured Side: Steamed Broccoli

6

Breakfast
WG Snackin' Maple Waffles (v)
Lunch
Walking Nachos
Chicken Tenders w/WG Roll
Fruit & Yogurt to go Box (v)
Featured Side: Seasoned Corn

7

Breakfast
WG Breakfast Sandwich
Lunch
Chicken and Waffle
Cheese Quesadilla (v)
Italian Sub
Featured Side: Seasoned Green
Beans

8

Breakfast
WG CTC Breakfast Bar (v)
Lunch
LTO! Chili/WG Cinn. Roll
Oven Roasted Hot Dog
Sunbutter and Jelly Sandwich (v)
Featured Side: Steamed Peas

9

Breakfast
WG Sausage Breakfast Pizza
Lunch
Scratch Made Cheese Pizza (v)
Scratch Made Sausage Pizza
Crispy Chicken Burger
Protein Power Up Pack Box (v)
Featured Side: Seasoned Green
Beans

In addition to our healthy choice salad bar, students can add condiments or toppings to their entree's!

12

Breakfast
WG Apple Frudel (v)
Lunch
Cheesy Breadsticks/Sauce (v)
BBQ Pulled Pork Sandwich
Ham & Cheese Sandwich
Featured Side: Roasted Chickpeas

13

Breakfast
WG Sunbutter & Jelly English Muffin
Lunch
B4L: WG Pancake/Omelet
Hamburger/Cheeseburger
Turkey & Cheese Sandwich
Featured Side: Seasoned Green
Beans

14

Breakfast
WG Pancakes (v)
Lunch
Meatball Sub
Creamy Chicken Alfredo Pasta
American Sandwich
Featured Side: Steamed Corn

15

NO SCHOOL

16

NO SCHOOL

19

Breakfast
WG French Toast Sticks
Lunch
Oven Baked WG Corn Dog
**LTO! Dragon Orange
Chicken/Brown Rice**
Sunbutter and Jelly Sandwich (v)
Featured Side: Seasoned Corn

20

Breakfast
WG Dutch Waffles
Lunch
Chicken Nuggets/WG Roll
Turkey Soft Taco
Fruit & Yogurt to Go Box (v)
Featured Side: Potato Fries

21

Breakfast
WG Chocolate Chip UBR
Lunch
Pretzel w/Cheese Sauce (v)
Beefy Macaroni
Turkey & Cheese Sandwich
Featured Side: Seasoned Green
Beans

22

Breakfast
WG Banana Muffin/String Cheese
Lunch
Spaghetti with Meaty Sauce
Tomato Soup/Grilled Cheese (v)
Peppi Salad w/WG Rolls
Featured Side: Steamed Peas

23

Breakfast
WG Iced Cinnamon Roll
Lunch
Scratch Made Cheese Pizza(v)
Scratch Made Nashville Hot Chicken
Pizza
Hamburger/Cheeseburger
Protein Power Up Pack Box
Featured Side: Seasoned Corn

26

Breakfast
WG Pancake Wrap
Lunch
Oven Baked Hot Dog
Tater Tot Casserole/WG Rolls
Sunbutter & Jelly Sandwich (v)
Featured Side: Seasoned Green
Beans

27

Breakfast
WG BeneFIT Bar (v)
Lunch
Chicken Potato Bowl WG Roll
Cheese Quesadilla (v)
Deli Stackable Box
Featured Side: Roasted Chickpeas

28

Breakfast
WG Breakfast Sandwich
Lunch
Cheesy Breadsticks w/Sauce (v)
Creamy Chicken Alfredo
American Sandwich
Featured Side: Steamed Corn

29

Breakfast
Egg Bites w/WG Toast
Lunch
B4L: French Toast sticks/Sausage
links
Taco Burger
Fruit & Yogurt to Go Box
Featured Side: Tater Tots

30

Breakfast
WG Cinnamon UBR
Halloween Themed Lunch:
Mummy Dogs
Frankenstein Fish Sticks w/WG Roll
Protein Power Up Pack Box
Featured Side: Steamed Carrot Coins
Treat Day!

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.

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

MUSHROOMS AND SNAP PEAS (SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon canola/olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2".
2. In a non-reactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

NUTRITION FACTS:
138 calories, 4g fat,
161mg sodium, 7g fiber

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BREAKFAST MENU

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