

MONDAY

PAID: \$ 4:15
REDUCED: \$ 0.40
MILK: \$ 0.60

TUESDAY



WEDNESDAY



THURSDAY

1

GLAZED CHICKEN DRUMSTICK
SERVED WITH WG DINNER ROLL
CLUBHOUSE CHEF SALAD
SERVED WITH WG DINNER ROLL
CHILLED PEARS
FRESH BROCCOLI FLORET

FRIDAY

2

CHEESE OR PEPPERONI
PIZZA
FRUIT & YO TO - GO
CELERY STICKS
FRESH RED APPLE

5

CHICKEN NUGGETS
SERVED WITH WG DINNER ROLL
HAM & CHEESE SANDWICH
CHILLED PEARS
FRESH BROCCOLI FLORET

6

BREAKFAST FOR LUNCH
PANCAKE & SAUSAGE
TURKEY & HAM SANDWICH
CHILLED PEACHES
BABY CARROTS

7

CHEESEBURGER
EZ PIZZA BOX
MIXED FRUIT
SWEET POTATO FRIES

8

BEEF NACHOS CHEESE
CLUBHOUSE CHEF SALAD
APPLESAUCE
REFRIED BEANS

9

CHEESE OR PEPPERONI
PIZZA
FRUIT & YO TO - GO
FRESH RED APPLE
CLERY STICKS

12

CHEESEBURGER
FRUIT & YO TO - GO
CHILLED PEARS
FRENCH FRIES

13

BREAKFAST FOR LUNCH
FRENCH TOAST STICKS
& SAUSAGE
CHILLED PEACHES
BABY CARROTS

14

CHICKEN NUGGETS
SERVED W/ WG DINNER ROLL
AMERICAN SUB SANDWICH
MIXED FRUIT
REFRIED BEANS

15

GLAZED CHICKEN DRUMSTICK
SERVED WITH WG DINNER ROLL
CLUBHOUSE CHEF SALAD
SERVED WITH WG DINNER ROLL
ROMAINE LETTUCE

16

CHEESE OR PEPPERONI
PIZZA
FRUIT & YO TO -GO
CELERY STICKS
FRESH RED APPLE

19

POPCORN CHICKEN
SERVED WITH WG DINNER ROLL
FRUIT & YO TO - GO
CHILLED PEARS
BABY CARROTS

20

BREAKFAST FOR LUNCH
CHICKEN & WAFFLE
EZ PIZZA BENTO BOX
CHILLED PEACHES
CUCUMBER

21

CHEESY BREADSTICKS
SERVED WITH SALSA
AMERICAN SUB SANDWICH
MIXED FRUITS
REFRIED BEANS

22

CHICKEN CORN DOG
CLUBHOUSE CHEF SALAD
SERVED WITH WG DINNER ROLL
APPLESAUCE
ROMAINE LETTUC

23

CHEESE OR PEPPRONI
PIZZA
FRUIT & YO TO - GO
FRESH RED APPLE
CELERY STICKS

26

CHICKEN NUGGETS
SERVED WITH WG DINNER ROLL
FRUIT & YO TO - GO
CHILLED PEARS
BAY CARROTS

27

BREAKFAST FOR LUNCH
PANCAKE & SAUSAGE
HAM & CHEESE SANDWICH
CHILLED PEACHES
CUCUMBER

28

CHEESY BREADSTICK
SERVED WITH SALSA
CHICKEN CAESAR SALAD
SERVED WITH WG DINNER ROLL
MIXED FRUIT
CELERY

29

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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/>.

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BREAKFAST MENU

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