

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Cheese Quesadilla (v)
Cheesy Alfredo Pasta (v)
Fruit & Yogurt Parfait with String Cheese (v)

3

Cheese Pizza (v)
Nitrate Free Turkey Dog on a Bun
Grilled Cheese (v)

4

Grab and Go Wednesday
Chicken Corn Dog

5

Cheese Lasagna Rollup (v)
Turkey & Cheddar Cheese Sub Sandwich
Garden Burger (v)

6

Teriyaki Chicken with Soba Noodles
Mozzarella Stuffed Breadsticks (v)
All Beef Cheeseburger

Fat free chocolate or 1% unflavored milk offered daily.

9

NO SCHOOL

10

Crispy Chicken Sandwich
Chicken & Cheese Quesadilla
Protein Pack (v)

11

Grab and Go Wednesday
Cheesy Pull Apart Bread (v)

12

Cheese Pizza (v)
Cheesy Caesar Salad with Dinner Roll (v)
Glazed Chicken Drumstick with Biscuit

13

Chicken & Waffles
Bean & Cheese Burrito (v)
Hot Ham & Cheese Sandwich

You must select at least a 1/2 cup fruit or vegetable each meal.

16

Cheese Quesadilla (v)
Cheesy Alfredo Pasta (v)
Fruit & Yogurt Parfait with string cheese (v)

17

Cheese Pizza (v)
Nitrate Free Turkey Dog on a Bun
Grilled Cheese (v)

18

Grab and Go Wednesday
Chicken Corn Dog

19

Cheese Lasagna Rollup (v)
Turkey & Cheddar Cheese Sub Sandwich
Garden Burger (v)

20

Teriyaki Chicken with Soba Noodles
Mozzarella Stuffed Breadsticks (v)
All Beef Cheeseburger

All meals are offered at NO COST to ALL students.

23

Chimi Nada (v)
Sweet & Sour Plant Based Nuggets with Brown Rice (v)
Peanut Butter & Jelly Sandwich (v)

24

Crispy Chicken Sandwich
Chicken & Cheese Quesadilla
Protein Pack (v)

25

Grab and Go Wednesday
Cheesy Pull Apart Bread (v)

26

Cheese Pizza (v)
Cheesy Caesar Salad with Dinner Roll (v)
Glazed Chicken Drumstick with Biscuit

27

Chicken & Waffles
Bean & Cheese Burrito (v)
Hot Ham & Cheese Sandwich

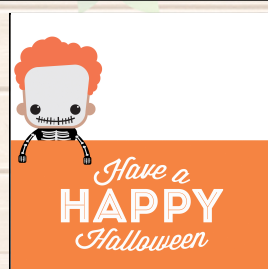
Limit of one breakfast and lunch per day per student.

30

Cheese Quesadilla (v)
Cheesy Alfredo Pasta (v)
Fruit & Yogurt Parfait with String Cheese (v)

31

Cheese Pizza (v)
Nitrate Free Turkey Dog on a Bun
Grilled Cheese (v)
Halloween Treat!



MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:
Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk
ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!



Menu is subject to change.

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.liftoffsplyground.com

BREAKFAST MENU

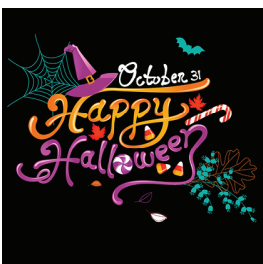
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------|--|--------------------------|--|--------------|
| Concha | Yogurt Cup with Cinnamon Bug Bites | Ultimate Breakfast Round | Mini Cinnamon Apple Muffin & Graham Crackers | Cinnamon Bun |
| NO SCHOOL | Mini Chocolate Loaf with String Cheese | Mini Donuts | Benefit Bar | Pop Tart |
| Concha | Yogurt Cup with Cinnamon Bug Bites | Ultimate Breakfast Round | Mini Cinnamon Apple Muffin & Graham Crackers | Cinnamon Bun |
| Mini Muffin with Graham Crackers | Mini Chocolate Loaf with String Cheese | Mini Donuts | Benefit Bar | Pop Tart |
| Concha | Yogurt Cup with Cinnamon Bug Bites | | | |

Fresh Pick Recipe

BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage (can substitute with fresh)
- Salt and pepper to taste
- 3 cups Grapes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
5. Place in oven for 20 minutes.
6. Remove from oven and add the grapes to the pan.
7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
8. Serve with rice.



We offer fruit and 100% juice each morning, you must take at least 1/2 cup, you may take more.
Cereal and Grahams or string cheese are offered for breakfast everyday.
Fat free chocolate milk and 1% unflavored milk are offered everyday.
All Meals are offered at NO COST to ALL students!
Limit one of each meal per day per student.
This institution is an equal opportunity provider.

Nutrition Information is available upon request.