

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**2**

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

**3**

Big Daddy Cheese Pizza (v)  
Nitrate Free Turkey Dog on a Bun with French Fries  
Grilled Cheese (v)



**5**

Cheese Lasagna Rollup with Dinner Roll (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**

Cheesy Pull Apart Bread (v)  
Homemade Grilled Cheese with Tomato Soup (v)  
Chicken Teriyaki Rice Bowl

**12**

Big Daddy Pepperoni 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 with Dinner Roll (v)  
Fruit & Yogurt Parfait with string cheese (v)

**17**

Big Daddy Cheese Pizza (v)  
Nitrate Free Turkey Dog on a Bun with French Fries  
Grilled Cheese (v)

**18**

Chicken Corn Dog  
Tuna Sandwich on Sliced Bread  
Spicy Chicken Sandwich

**19**

Cheese Lasagna Rollup with Dinner Roll (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 with String Cheese (v)

**24**

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

**25**

Cheesy Pull Apart Bread (v)  
Homemade Grilled Cheese with Tomato Soup (v)  
Chicken Teriyaki Rice Bowl

**26**

Big Daddy Pepperoni 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 with Dinner Roll (v)  
Fruit & Yogurt Parfait with String Cheese (v)

**31**

Big Daddy Cheese Pizza (v)  
Nitrate Free Turkey Dog on a Bun with French Fries  
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](http://www.liftoffsplyground.com)

## BREAKFAST MENU

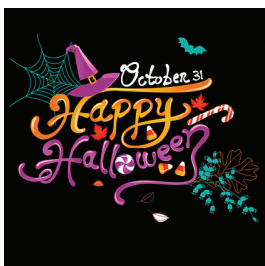
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Concha OR Mini Pancake Bites	Yogurt Cup with Cinnamon Bug Bites OR Mini Bagel Breakfast Sandwich	Ultimate Breakfast Round OR Pancake on a Stick	Mini Cinnamon Apple Muffin & Graham Crackers OR Chocolate Filled Crescent	Cinnamon Bun OR Mini Bagel with Strawberry Cream Cheese
NO SCHOOL	Mini Chocolate Loaf with String Cheese OR Egg, Sausage & Cheese Wrap	Mini Donuts OR Sliced Lemon Bread	Benefit Bar OR Apple Frudel	Pop Tart OR Breakfast Pizza
Concha OR Mini Pancake Bites	Yogurt Cup with Cinnamon Bug Bites OR Mini Bagel Breakfast Sandwich	Ultimate Breakfast Round OR Pancake on a Stick	Mini Cinnamon Apple Muffin & Graham Crackers OR Chocolate Filled Crescent	Cinnamon Bun OR Mini Bagels with Strawberry Cream Cheese
Mini Muffin with Graham Crackers OR French Toast Sticks	Mini Chocolate Loaf with String Cheese OR Egg, Sausage & Cheese Wrap	Mini Donuts OR Sliced Lemon Bread	Benefit Bar OR Apple Frudel	Pop Tart OR Breakfast Pizza
Concha OR Mini Pancake Bites	Yogurt Cup with Cinnamon Bug Bites OR Mini Bagel Breakfast Sandwich			

## 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.



Please look for these icons in your cafeteria.