

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1

Breakfast:
WG Cinnamon Roll (v)

Lunch:
Homemade Cheese Pizza (v)
Scratch Made Sloppy Joe
Chicken Caesar Salad with WG Rolls
Side Veggie: Mashed Potatoes

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk

4

Breakfast:
Build Your Own Yogurt Bowl (v)

Lunch:
Bean and Cheese Burrito (v)
Hamburger or Cheeseburger
Veggie Burger (v)
Side Veggie: Aztec Corn & Black Beans

5

Breakfast:
Mini Maple Waffles (v)

Lunch:
Chicken Alfredo Pasta
Chicken Burger
Sunbutter and Jelly Sandwich (v)
Side Veggie: Mixed Vegetable Blend

6

Breakfast:
Ham & Cheese Muffin Sandwich

Lunch:
Pork Posole with WG Tortilla Chips
Pretzel with Cheese Sauce (v)
Chef Salad with WG Rolls
Side Veggie: Potato Wedges

7

Breakfast:
NEW: Breakfast Banana Split (v)

Lunch:
Turkey Gravy over Mashed Potatoes and WG Rolls
Baked Corn Dog
American Sandwich
Side Veggie: Baked Beans

8

Breakfast:
Homemade Fruit Muffin or Muffin Square (v)

Lunch:
Homemade Cheese Pizza (v)
Southwest Chicken Wrap
Ham & Cheese Sandwich
Side Veggie: Roasted Broccoli and Carrots

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk

11

Breakfast:
French Toast Sticks (v)

Lunch:
LTO: Comfort Classics Turkey Tot'Chos with WG Rolls
Hamburger or Cheeseburger
Veggie Burger (v)
Side Veggie: Roasted Broccoli

12

Breakfast:
Blueberry Overnight Oats (v)

Lunch:
Taco Tuesday:
Turkey Soft Taco
Glazed Chicken Drumstick with WG Rolls
Sunbutter & Jelly Sandwich (v)
Side Fruit: Mixed Vegetables

13

Breakfast:
Breakfast Bowl with Toast

Lunch:
Popcorn Chicken Potato Bowl with WG Roll
Hot Dog
Fruit & Yogurt Parfait (v)
Side Veggies: Baked Beans

14

Breakfast:
Homemade Breakfast Burrito

Lunch:
Spaghetti Pasta with Plant-Based Sauce (v)
Chicken Burger
Chicken Caesar Salad with WG Rolls
Side Veggie: Roasted Broccoli and Carrots

15

Breakfast:
WG Cinnamon Roll (v)

Lunch:
Chicken & Waffles
Grilled Cheese Sandwich (v)
Cheese Pizza (v)
Crispy Chicken Wrap
Side Veggie: Sweet Potato Fries

18

Breakfast:
Pancake & Sausage on a Stick

Lunch:
Chicken Teriyaki Rice Bowl
Lasagna Roll-Up with WG Roll (v)
Turkey & Cheese Sandwich
Side Veggie: Roasted Broccoli and Carrots

19

Breakfast:
Cherry Frudel (v)

Lunch:
Breakfast for Lunch:
Pancakes and Sausage
Chicken Burger
Chef Salad with WG Rolls
Side Fruit: Baked Cinnamon Apples

20

Breakfast:
Egg & Cheese Breakfast Sandwich (v)

Lunch:
LTO: Comfort Classics Bean and Cheese Nachos (v)
BBQ Chicken Sandwich
Italian Sub
Side Veggies: Mexican Black Beans

21

Breakfast:
Pancakes with Syrup (v)

Lunch:
Baked Penne Pasta (v)
Chicken Nuggets with WG Roll
American Sandwich
Side Veggie: Green Beans

22

Breakfast:
Freshly Baked Banana Muffin Top (v)

Lunch:
Homemade Cheese Pizza (v)
Sunbutter and Jelly Sandwich (v)
Popcorn Chicken Salad with WG Roll
Side Veggie: Mixed Vegetables

25

Breakfast:
Egg & Cheese Quesadilla (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Pork Rib-B-Que Sandwich
Ham & Cheese Sandwich
Side Veggie: Mixed Vegetables

26

Breakfast:
Pancake Bites with Cinnamon & Sugar (v)

Lunch:
Mini Cheese Ravioli With WG Roll (v)
Hamburger or Cheeseburger
Veggie Burger (v)
Side Veggie: Baked Beans

27

Breakfast:
Sausage & Cheese Breakfast Sandwich

Lunch:
Orange Chicken Rice Bowl
Baked Corn Dog
Chef Salad with WG Rolls
Side Veggie: Roasted Broccoli and Carrots

28

Breakfast:
Apple Frudel (v)

Lunch:
Macaroni and Cheese (v)
Chicken Burger
Garden Salad with WG Roll (v)
Side Veggie: Aztec Corn

29

Breakfast:
Scratch-Made French Toast (v)

Lunch:
Breakfast for Lunch:
Cheese Omelet & Cinnamon Pinwheel (v)
Homemade Pepperoni Pizza
Homemade Cheese Pizza (v)
Side Veggie: Tater Tot Hash

(v) = meatless option

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.

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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

WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

NUTRITION FACTS:
13 calories, .08g fat,
5mg sodium, .65g fiber



SCHOOL MEAL PRICES:

BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$0.00 MS: \$0.00 HS: \$0.00
LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$0.00 MS: \$0.00 HS: \$0.00

All meals for the 2021-2022 school year are FREE for all students!

Nutrition Information is available upon request.