

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

5 TERYIAKI CHICKEN BOWL SERVED OVER BROWN RICE OR GRILLED CHEESE SANDWICH WITH CRISPY BAKED FRIES	6 TURKEY HAM AND CHEESE SANDWICH ON A CRISPY WG CROISSANT OR BEAN AND CHEESE BURRITO WRAPPED IN A WG TORTILLA	7 CRUNCH IT VEGGIE, FOUR CHEESE (V) TURKEY PEPPERONI PIZZA OR HUMMUS BOX*LOCAL NEW YORK PIZZA SERVED ON WG CRUST	8 WG PENNE PASTA SERVED WITH BEEF BOLONGNAISE SAUCE OR WG PESTO PENNE PASTA SERVED WITH FRESH BROCCOLI	9 LOCAL ALL BEEF HOT DOGS FOR BREAKFAST
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FRESH FRUIT VEGETABLES AND MILK SERVED DAILY

12 NO SCHOOL TEACHER INSERVICE	13 BEEF TACOS SERVED WITH SPANISH RICE OR PARMESAN BUTTERED PENNE PASTA SERVED WITH FRESH STEAMED BROCCOLI	14 TURKEY PEPPERONI, MARGARITA FOUR CHEESE (V) PIZZA OR GARDEN GREEK SALAD W/ GARBANZO BEANS & PARMESAN CHEESE SERVED W/ WG ROLL, *LOCAL NEW YORK PIZZA SERVED ON WG CRUST	15 HOUSEMADE BEEF LASAGNA W/VINE RIPENED TOMATO SAUCE OR HOT OVEN BAKED POTATO SERVED WITH CHILI, CHEADER CHEESE, OR SOURCREAM	16 CRISPY HOMESTYLE OVEN BAKED CHICKEN TENDERS SERVED W OVEN BAKED FRIES OR GRILLED CHEESE SANDWICH WITH OVEN BAKED FRIES
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19 TURKEY AND CHEDDAR SANDWICH SERVED ON FRESH WG CIABATTA ROLL OR HOUSEMADE EGGPLANT PARMESAN SERVED OVER BROWN RICE	20 JERK CHICKEN SERVED OVER BASMATI RICE OR CRISPY GARLIC VEGABLE STIR FRY OVER BASMATI RICE	21 KOREAN BBQ, TURKEY PEPPERONI, CHEESE PIZZA OR HEARTY GARDEN SALAD W/ WG ROLL *LOCAL NEW YORK PIZZA SERVED ON WG CRUST	22 LEMON PEPPER OR BUFFALO WINGS SERVED WITH WAFFLE FRIES OR THREE CHEESE RAVIOLI SERVED WITH TUSCAN MARINARA SAUCE	23 ALL AMERICAN ORGANIC BEEF BURGER CHEESEBURGER VEGETARIAN BURGER SERVED WITH OVEN BAKED FRENCH FRIES
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26 BBQ CHICKEN SERVED WITH SWEET POTATO FRIES OR FRESH MADE TOMATO, MOZZARELLA, PESTO MELT ON A SOFT PITA	27 CHICKEN TOSTADA SEVERD IN A WG TORTILLA SHELL OR BEAN AND CHEESE TOSATDA SERVED IN A WG TORTILA SHELL	28 TURKEY PEPPERONI, TURKEY HAM AND PINEAPPLE, FOUR CHEESE (V) PIZZA OR FRESH MADE CHARCUTERIE *LOCAL NEW YORK PIZZA SERVED ON WG CRUST	29 BREAKFAST FOR LUNCH WAFFLE, TURKEY SAUSAGE, AND TOTS OR FRESH FRUIT MEDLEY WITH COTTAGE CHEESE	30 BEEF NACHOS SERVED WITH ALL THE TOPPINGS OR WG CHEESE QUESADILLA SERVED WITH BAKED FRIES
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SUN BUTTER AND JELLY SANDWICHES AVAILABLE
Menu subject to change

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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.

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BREAKFAST

Breakfast

MONDAY:

FRESH BAKED MUFFIN

OR

ORGANIC STRAUS YOGURT FRUIT SMOOTHIE

TUESDAY:

ASSORTED WHOLE GRAIN BAGEL WITH

CREAM CHEESE SPREAD

WEDNESDAY:

BREAKFAST BURRITO MADE WITH
TURKEY SAUSAGE, EGG, CHEESE, POTATO
WRAPPED IN A WHOLE WHEAT TORTILLA

THURSDAY: HOT TURKEY SAUSAGE AND CHEESE

BREAKFAST SANDWICH ON WG

ENGLISH MUFFIN

OR

FRESHLY BAKED MUFFINS

FRIDAY:

FRESHLY BAKED WG CINNAMON ROLL

GLUTEN FREE NATURE'S PATH ORGANIC CEREAL WITH GLUTEN FREE GRAHAM CRACKERS ARE SERVED DAILY. WE OFFER A VARIETY OF MILK AND FRUIT TO COMPLETE YOUR BREAKFAST MEAL.

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

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Please look for these icons in your cafeteria.