

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

6
GRILLED CHEESE SANDWICH ON
WHOLE GRAIN BREAD & TOMATO
SOUP
OR
HOMEMADE BEAN & CHEESE
BURRITO ON WHOLE GRAIN
FLOUR TORTILLA SERVED W/
FRENCH FRIES
OR
HEARTY GARDEN SALAD W/ WG

7
HOMEMADE THAI COCONUT
CURRY CHICKEN SERVED W/
BROWN RICE
OR
CHEESE QUESADILLA ON WG
TORTILLAS SERVED W/ FRIES

8
HAWAIIAN
FOUR CHEESE (V)
TURKEY PEPPERONI PIZZA
OR
HUMMUS BOX
*PIZZA SERVED ON WG CRUST

9
HOMEMADE CRISPY CHICKEN
KATSU PATTY SERVED W/ WG
YAKISOBA NOODLES
OR
FRESH FRUIT MEDLEY W/
COTTAGE CHEESE & WG ROLL

10
FLAME GRILLED BEEF
HAMBURGER
CHEESEBURGER
VEGETARIAN BURGER
SERVED WITH OVEN BAKED
FRENCH FRIES

FRESH FRUIT VEGETABLES AND MILK SERVED DAILY

13
NO SCHOOL

14
HOMEMADE BEEF GREEK
MEATBALLS W/ TZATZIKI SAUCE
AND WG PITA BREAD
OR
CHARCUTERIE BOX (FRESH FRUIT
AND VEG, HUMMUS AND WG
CRACKERS)

15
TURKEY PEPPERONI
FOUR CHEESE (V) PIZZA
OR
GARDEN GREEK SALAD W/
GARBANZO BEANS & PARMESAN
CHEESE SERVED W/ WG ROLL
*PIZZA SERVED ON WG CRUST

16
HOMEMADE BEEF LASAGNA
W/VINE RIPENED TOMATO SAUCE
OR
PENNE ALFREDO W/ CHERRY
TOMATOES
OR
HOUSMADE HUMMUS BOX

17
OVEN BAKED CHICKEN TENDERS
SERVED W/ OVEN BAKED FRIES
OR
GARDEN SALAD W/ WG ROLL

20
GRILLED CHEESE SANDWICH ON
WHOLE GRAIN BREAD & TOMATO
SOUP
OR
HOMEMADE BEAN & CHEESE
BURRITO ON WHOLE GRAIN
FLOUR TORTILLA SERVED W/
FRENCH FRIES
OR
HEARTY GARDEN SALAD W/ WG

21
HEARTY 3 BEAN CHILI SERVER
WITH WG TORTILLA CHIPS
OR
OVEN BAKED POTATO SERVED
WITH SOUR CREAM AND
SHREDDED CHEDDAR CHEESE

22
KOREAN BBQ CHICKEN, TURKEY
PEPPERONI, CHEESE (V) PIZZA
OR
HEARTY GARDEN SALAD W/ WG
ROLL
*PIZZA SERVED ON WG CRUST

23
CRISPY CHICKEN KATSU PATTY
SERVED W/ WG YAKISOBA
NOODLES
OR
FRESH FRUIT MEDLEY W/
COTTAGE CHEESE & WG ROLL

24
FLAME GRILLED BEEF
HAMBURGER
CHEESEBURGER
VEGETARIAN BURGER
SERVED WITH OVEN BAKED
FRENCH FRIES

27
HOMEMADE CHICKEN & CHEESE
ENCHILADAS W/ SPANISH RICE
OR
HEARTY GARDEN SALAD W/
GARLIC BUTTER WG ROL

28
BEEF MEATBALL SUB W/
MOZZERELLA CHEESE SERVED
ON WG BUN
OR
CHARCUTERIE BOX (FRESH FRUIT
AND VEG, HUMMUS AND WG
CRACKERS)

29
HAWAIIAN
FOUR CHEESE (V)
TURKEY PEPPERONI PIZZA
OR
HUMMUS BOX
*PIZZA SERVED ON WG CRUST

30
HOMEMADE BEEF LASAGNA
W/VINE RIPENED TOMATO SAUCE
OR
HOMEMADE PENNE ALFREDO W/
CHERRY TOMATOES



SUN BUTTER AND JELLY SANDWICHES AVAILABLE

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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: ASSORTED WHOLE GRAIN BAGEL WITH CREAM CHEESE SPREAD

TUESDAY: FRUITY OVERNIGHT OATS MADE WITH ORGANIC STRAUS YOGURT

WEDNESDAY: HOMEMADE WHOLE GRAIN FRENCH TOAST WITH CARMELIZED APPLES

THURSDAY: HOMEMADE ORGANIC STRAUS YOGURT FRESH FRUIT SMOOTHIES

FRIDAY: HOMEMADE EGG BITES

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

STRAWBERRY BANANA SANDWICHES (SERVES 4)

- 1/4 cup bananas (sliced)
- 1/2 cup strawberries (sliced)
- 4–2.4 oz. slices french toast
- 1/4 cup light cream cheese

1. Slice bananas and strawberries 1/4".
2. To build sandwich:
 - Spread 1 Tbsp cream cheese on each slice of frozen French toast.
 - Place 1/8 cup sliced banana on top of cream cheese on 1 slice of bread.
 - Top banana with 1/4 cup sliced strawberries.
 - Close sandwich with 2nd slice of bread.
 - Place sandwiches on parchment lined sheet pans.
3. At service, cut sandwiches in half diagonally.

NUTRITION FACTS:
175 calories, 5.59g fat,
280mg sodium, 2.66g fiber



Please look for these icons in your cafeteria.