

### MONDAY

Menu Subject  
to Change

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

Beef Picadillo  
with Brown Rice  
  
Cheeseburger  
  
Roasted Chickpeas  
Celery Sticks  
  
Fruit/Milk

2

Cheesesteak  
  
Chicken Nuggets  
with Dinner Roll  
  
Green Beans  
Celery Sticks  
  
Fruit/ Milk

3

Cheese or Pepperoni  
Pizza  
  
Roasted Broccoli  
Celery Sticks  
  
Fruit/ Milk

Offered Daily: Turkey Club Sandwich or Peanut Butter and Jelly

6

Pancakes and Sausage  
  
Hot Dog  
  
Baked Beans  
Baby Carrots  
  
Fruit/ Milk

7

Chicken Fajitas  
  
Chicken Patty  
  
Seasoned Corn  
Baby Carrots  
  
Fruit/ Milk

8

Pumpkin Alfredo Pasta  
with Breadstick  
  
Cheeseburger  
  
Parmesan Green Beans  
Baby Carrots  
  
Fruit/ Milk

9

Sweet and Sour Chicken  
with Rice  
  
Chicken Nuggets  
with Dinner Roll  
  
Carrot Coins  
Baby Carrots  
  
Fruit/ Milk

10

No School

Offered Daily: Chicken Caesar Salad with Dinner Roll or Peanut Butter and Jelly

13

No School

14

Beef Walking Tacos  
with Lettuce and Tomato  
  
Chicken Patty  
  
Black Beans  
Side Salad  
  
Fruit/ Milk

15

Grilled Cheese  
and Tomato Soup  
  
Cheeseburger  
  
Mashed Sweet Potatoes  
Side Salad  
  
Fruit/ Milk

16

Chicken Pot Pie Biscuit  
  
Chicken Nuggets  
with Dinner Roll  
  
Broccoli  
Side Salad  
  
Fruit/ Milk

17

Cheese or Pepperoni  
French Bread  
Pizza  
  
Green Beans  
Side Salad  
  
Fruit/Milk

Offered Daily: Blueberry Parfait or Peanut Butter and Jelly

20

Chicken and Waffles  
  
Hot Dog  
  
Baked Beans  
Cucumber Slices  
  
Fruit/ Milk

21

Twin Beef Soft Tacos  
  
Chicken Patty  
  
Corn  
Cucumber Slices  
  
Fruit/ Milk

22

Pasta in Red Sauce  
and Breadstick  
  
Cheeseburger  
  
Carrot Coins  
Cucumber Slices  
  
Fruit/ Milk

23

Chicken Parm. Sandwich  
  
Chicken Nuggets  
with Dinner Roll  
  
Cauliflower  
Cucumber Slices  
  
Fruit/ Milk

24

Cheese or Pepperoni  
Pizza  
  
Roasted Broccoli  
Cucumber Slices  
  
Fruit/ Milk

Offered Daily: Turkey and Cheese Sub or Peanut Butter and Jelly

27

Mozzarella Stuffed Breadstick  
with Marinara  
  
Hot Dog  
  
Sweet Potato Fries  
Baby Carrots  
  
Fruit/ Milk

28

Beef Enchiladas  
  
Chicken Patty  
  
Refried Beans  
Baby Carrots  
  
Fruit/ Milk

29

BBQ Chicken Sandwich  
  
Cheeseburger  
  
Parmesan Green Beans  
Baby Carrots  
  
Fruit/ Milk

30

General Tso's Chicken  
with Brown Rice  
  
Chicken Nuggets  
with Dinner Roll  
  
Baked Fries  
Baby Carrots  
  
Fruit/ Milk

31

Cheese or Pepperoni  
Pizza Dunkers  
with Marinara  
  
Roasted Broccoli  
Baby Carrots  
  
Fruit/ Milk

Offered Daily: Baloney and Cheese Sandwich or Peanut Butter and Jelly



## 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.

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Egg and Cheese on Waffle Flatbread Bagel with Cream Cheese Yogurt with Graham Cracker Juice/Milk	Chicken Sausage Pancake Bites Cereal with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Blueberry Waffle Donuts Yogurt with Graham Cracker Juice/ Milk
Bacon, Egg and Cheese Bite with Biscuit Slice of Banana Bread Yogurt with Graham Cracker Juice/ Milk	Mini Waffle Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Warm Cinnamon Roll Bagel with Cream Cheese Yogurt with Graham Cracker Juice/ Milk	Mini Pancake Cereal with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Egg and Cheese on a Biscuit Donuts Yogurt with Graham Cracker Juice/ Milk
Mini French Toast Slice of Banana Bread Yogurt with Graham Cracker Juice/ Milk	Chicken Biscuit Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Egg and Cheese on Waffle Flatbread Bagel with Cream Cheese Yogurt with Graham Cracker Juice/ Milk	Chicken Sausage Pancake Bites Cereal with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Blueberry Waffle Donuts Yogurt with Graham Cracker Juice/ Milk
Bacon, Egg and Cheese Bite with Biscuit Slice of Banana Bread Yogurt with graham Cracker Juice/ Milk	Mini Waffle Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Warm Cinnamon Roll Bagel with Cream Cheese Yogurt with Graham Cracker Juice/ Milk	Mini Pancake Cereal with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Egg and Cheese on a Biscuit Donuts Yogurt with Graham Cracker Juice/ Milk
Mini French Toast Slice of Banana Bread Yogurt with Graham Cracker Juice/ Milk	Chicken Biscuit Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk			

## Fresh Pick Recipe

### PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.

Please email [stacie.lyman@sodexo.com](mailto:stacie.lyman@sodexo.com) with any dietary restrictions or questions about your child's account.

Online deposits- <https://www.schoolcafe.com/DOWNTOWNSHIPSD>

Menu Subject to Change

Nutrition Information is available upon request.