

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

nutrislice

1

Beef Nachos
Seasoned Corn
Fruit / Milk

2

Baked Ziti
with Breadstick
Broccoli
Fruit / Milk

3

Grilled Pretzel Melt
Baked Beans
Fruit / Milk

4

Cheese
French Bread Pizza
Parmesan Green Beans
Fruit / Milk

Offered Daily: Yogurt Boat, Turkey and Cheese or Peanut butter and Jelly

7

Mozzarella Stuffed Breadsticks
Baked Fries
Fruit / Milk

8

Chicken Patty Sandwich
Aztec Corn
Fruit / Milk

9

Chicken Fried Rice
with Egg Roll
Roasted Broccoli
Fruit / Milk

10

Southern Style
Crispy Chicken Wrap
Three Bean Salad
Fruit / Milk

11

No School

Offered Daily: Yogurt Boat, Ham and Cheese Sandwich or Peanut butter and Jelly

14

No School

15

Chicken Nuggets
with Dinner Roll
Southwest Black Beans
Side Salad
Fruit / Milk

16

Breakfast for Lunch
Pancakes with Sausage
Tater Tots
Fruit / Milk

17

Popcorn Chicken Bowl
with Mashed Potatoes and Corn
Southwest Black Beans
Fruit / Milk

18

Cheese
French Bread Pizza
Teriyaki Green Beans
Fruit / Milk

Offered Daily: Yogurt Boat, Turkey and Cheese Sandwich or Peanut butter and Jelly

21

Corn Dog Nuggets
Sweet Potato Fries
Fruit / Milk

22

Chicken Quesadilla
Seasoned Corn
Fruit / Milk

23

Chicken Tenders
with Soft Pretzel Stick
Roasted Broccoli and Carrots
Fruit / Milk

24

Breakfast for Lunch
Scrambled Egg Breakfast Bowl
with Biscuit
Black Bean and Corn Salsa
Fruit / Milk

25

Pizza Dunkers
with Marinara Sauce
Mixed Vegetables
Fruit / Milk

Offered Daily: Yogurt Boat, Ham and Cheese Sandwich or Peanut butter and Jelly

28

Breakfast for Lunch
French Toast Sticks
with Sausage
Sweet Potato Fries
Fruit / Milk

29

Taco Tots
with Biscuit
Carrot Sticks
Fruit / Milk

30

Popcorn Chicken
with Brown Rice
Seasoned Broccoli
Fruit / Milk

31

Breaded Chicken Drumstick
with Dinner Roll
Baked Beans
Fruit / Milk

Menu Subject
to Change

Offered Daily: Yogurt Boat, Turkey Sandwich or Peanut butter and Jelly

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

BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| | Muffin with Goldfish Graham Fruit Juice / Milk | <u>PreK visits the Cafeteria!</u> Sausage, Egg and Cheese Sandwich Powdered Donuts-classrooms Fruit Juice / Milk | Yogurt with Goldfish Graham Fruit Juice / Milk | Chocolate Chip Oatmeal Bar with Goldfish Graham Fruit Juice / Milk |
| Cereal with Goldfish Graham Fruit Juice / Milk | Muffin with Goldfish Graham Fruit Juice / Milk | <u>PreK visits the Cafeteria!</u> French Toast Bites-Cafeteria only Powdered Donuts-classroom Fruit Juice / Milk | Yogurt Cup with Goldfish Graham Fruit Juice / Milk | |
| | Muffin with Goldfish Graham Fruit Juice / Milk | <u>Pre-K visits the Cafeteria!</u> Sausage, Egg and Cheese Sandwich Powdered Donuts-classroom Fruit Juice / Milk | Yogurt Cup with Goldfish Graham Fruit Juice / Milk | Chocolate Chip Oatmeal Bar with Goldfish Graham Fruit Juice / Milk |
| Cereal with Goldfish Graham Fruit Juice / Milk | Muffin with Goldfish Graham Fruit Juice / Milk | <u>PreK visits the cafeteria!</u> French Toast Bites-cafeteria Powdered Donuts-classroom Fruit Juice / Milk | Yogurt Cup with Goldfish Graham Fruit Juice / Milk | Chocolate Chip Oatmeal Bar with Goldfish Graham Fruit Juice / Milk |
| Cereal with Goldfish Graham Fruit Juice / Milk | Muffin with Goldfish Graham Fruit Juice / Milk | <u>Pre-K visits the Cafeteria!</u> Sausage, Egg and Cheese Sandwich Powdered Donuts-classroom Fruit Juice / Milk | Yogurt Cup with Goldfish Graham Fruit Juice / Milk | |

Fresh Pick Recipe

YUMMIEST POTATO SALAD

- 1 ½ lb Yukon gold potatoes (do not peel)
- 4 Eggs(hardboiled/separated/whites large dice)
- 1 Green bell pepper(medium size/ medium dice)
- 2 Green onions(sliced diagonal)
- 3 T Vinegar(red or white)
- 6 T Salad oil(light)
- Salt and pepper to taste
- 2 T Fresh Parsley(sliced)

1. Prepare ingredients as directed.
2. Boil potatoes in water until tender.
3. Drain potatoes and allow them to cool (may be placed in the refrigerator).
4. In medium bowl add the oil and vinegar.
5. Separate the yolk from the eggs and mash yolk with the oil and vinegar to a smooth consistency.
6. Cut potatoes in large dice and add to yolk mixture. Add green pepper, cooked egg whites, onion, and salt and pepper.
7. Gently fold the ingredients with the yolk mixture. (Note: if too dry-add equal amounts of oil and vinegar to moisten).
8. Garnish with the parsley. Dish can be served at room temperature or cold.

Menu Subject to Change

Please email stacie.lyman@sodexo.com
with any dietary restrictions or account questions

Nutrition Information is available upon request.