

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

Student Breakfast: \$1.50  
Student Lunch: \$2.60

\*\*\*Daily Gluten Free Options

\*Menu subject to change

**1**

1 - Pepperoni Kidzable  
2 - Hamburger\*\*\*  
3 - Popcorn Chicken  
4 - Strawberry Parfait

Mixed Greens, Mashed Potatoes, Carrots, Celery, Spinach, Pears & Oranges

A

**2**

1 - Turkey Kidzable  
2 - Chicken Nuggets\*\*\*  
3 - Spaghetti & Meatballs  
4 - Fruit Bowl w/Muffin

Mixed Greens, Tater Tots, Cucumbers, Cherry Tomatoes, Broccoli, Applesauce & Tangerines

B

**3**

1 - Cinnamon Roll Kidzable  
2 - Walking Taco  
3 - Turkey Melt  
4 - Chicken BLT Salad\*\*\*

Mixed Greens, Spinach, Black Beans, Carrots, Fruit Mix, Bananas & Corn

C

**4**

1 - Pepperoni Pizza Kidzable  
2 - Sausage, Egg & Cheese Bagel\*\*\*  
3 - Pizza Sticks w/Marinara  
4 - Turkey & Cheese Sandwich

Mixed Greens, Tomatoes, Cucumbers, Celery, Grapes, Oranges & Green Beans

D

**7**

1 - Ham, Cheese & Cracker Kidzable  
2 - Cheese Pizza\*\*\*  
3 - Popcorn Chicken w/Pretzel  
4 - Popcorn Chicken Salad

Mixed Greens, Carrots, Broccoli, Peas, Pineapple, Apple, Corn

E

**8**

1 - Pepperoni Kidzable  
2 - Cheeseburger  
3 - French Bread Pizza  
4 - Banana Split Parfait\*\*\*

Mixed Greens, Carrots, Celery, Spinach, Pears, Oranges & Tater Tots

A

**9**

1 - Turkey Kidzable  
2 - Chicken Nuggets \*\*\*  
3 - Cheese Quesadilla  
4 - Fruit Bowl w/Bug Bites

Mixed Greens, Cucumbers, Broccoli, Red Pepper Sticks, Applesauce, Bananas, Emoji Fries

B

**10**

1 - Cinnamon Roll Kidzable  
2 - Beef & Cheese Nachos\*\*\*  
3 - Honey Chicken Biscuit  
4 - Blueberry Parfait

Mixed Greens, Spinach, Cauliflower, Carrots, Fruit Mix, Strawberries & Refried Beans

C

**11**

1 - Pepperoni Pizza Kidzable  
2 - French Toast Sticks & Eggs  
3 - Mini Corn Dogs  
4 - Turkey & Cheese Sandwich\*\*\*

Mixed Greens, Cherry Tomatoes, Cucumbers, Celery, Grapes, Oranges & Hashbrowns

D

**14**

1 - Ham Kidzable  
2 - Pepperoni Pizza\*\*\*  
3 - Crispy Chicken Sandwich  
4 - Sunbutter & Jelly Sandwich

Mixed Greens, Celery, Carrots, Cauliflower, Peaches, Apples & Broccoli w/Cheese

E

**15**

1 - Pepperoni Kidzable  
2 - Hamburger  
3 - Mac & Cheese  
4 - Chef Salad\*\*\*

Mixed Greens, Cucumbers, Broccoli, Cherry Tomatoes, Pears, Oranges & Smile Fries

A

**16**

1 - Turkey Kidzable  
2 - Chicken Nuggets\*\*\*  
3 - Beef Soft Tacos  
4 - Fruit Bowl w/Muffin

Mixed Greens, Red Pepper Sticks, Celery, Cauliflower, Applesauce, Bananas & Corn

B

**17**

1 - Cinnamon Roll Kidzable  
2 - Walking Taco\*\*\*  
3 - Grilled Cheese  
4 - Strawberry Banana Parfait

Mixed Greens, Spinach, Cucumbers, Baby Carrots, Mixed Fruit & Strawberries. Black Beans

C



**21**

1 - Ham, Cheese & Cracker Kidzable  
2 - Cheese Pizza  
3 - Orange Chicken w/Rice  
4 - Popcorn Chicken Salad\*\*\*

Mixed greens, Celery, Baby Carrots, Spinach, Peaches, Oranges & California Blend Vegetables.

D

**22**

1 - Pepperoni Kidzable  
2 - Cheeseburger\*\*\*  
3 - French Bread Pizza  
4 - Blueberry Parfait

Mixed greens, Cauliflower, Broccoli, Cucumbers, Strawberries, Apples & Oven Fries

E

**23**

1 - Turkey Kidzable  
2 - Chicken Nuggets\*\*\*  
3 - Meatball Sub  
4 - Fruit Bowl w/Bug Bites

Mixed Greens, Red Peppers Sticks, Celery, Carrots, Applesauce, Bananas & Mashed Potatoes

A

**24**

1 - Cinnamon Roll Kidzable  
2 - Crispito w/Chips  
3 - Hot Ham & Cheese  
4 - Banana Split Parfait

Mixed Greens, Broccoli, Carrots, Cucumber, Pears, Grapes & Refried Beans

B

**25**

1 - Pepperoni Pizza Kidzable  
2 - Pancakes w/Cheesy Eggs  
3 - Hot Dog  
4 - Turkey & Cheese Sandwich\*\*\*

Mixed Greens, Spinach, Carrots, Celery, Fruit Mix, Apples & Sweet Potatoes

C

**28**

1 - Ham Kidzable  
2 - Pepperoni Pizza\*\*\*  
3 - Corn Dog  
4 - Sunbutter & Banana Wrap

Mixed Greens, Baby Carrots, Peas, Broccoli, Plums, Apples & Oven Fries

D

**29**

1 - Pepperoni Kidzable  
2 - Hamburger\*\*\*  
3 - Country Steak  
4 - Strawberry Parfait

Mixed Greens, Carrots, Celery, Spinach, Pears, Oranges & Mashed Potatoes

E

**30**

1 - Turkey Kidzable  
2 - Chicken Nuggets\*\*\*  
3 - Spaghetti & Meatballs  
4 - Fruit Bowl w/Muffin

Mixed Greens, Cucumbers, Tomatoes, Broccoli, Applesauce, Tangerines & Tater Tots

A

**31**

1 - Cinnamon Roll Kidzable  
2 - Walking Taco  
3 - Mummy Dogs  
4 - Chicken BLT Salad

Mixed Greens, Spinach, Black Beans, Carrots, Fruit Mix, Bananas, Corn & Pumpkin Cookies

B

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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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 - Bacon Breakfast Pizza 2 - Mini Donuts 3 - Assorted Cereal/Bars	1 - Mini French Toast 2 - Nutrigrain Bar & Grahams 3 - Assorted Cereal	1 - Sausage, Egg & Cheese Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Cinnamon Toast Crunch Pastry 2 - Mini Bagels 3 - Assorted Cereal
1 - Dutch Waffle 2 - Assorted Yogurt & Grahams 3 - Assorted Cereal	1 - Bacon & Egg Biscuit 2 - Mini Donuts 3 - Assorted Cereal	1 - Sausage Pancake Sandwich 2 - Nutrigrain Bar & Grahams 3 - Assorted Cereal	1 - Cinnamon Rolls 2 - Mini Donuts 3 - Assorted Cereal	1 - Mini Confetti Pancakes 2 - Purple Daze Smoothie 3 - Assorted Cereal
1 - Bacon, Egg & Cheese Biscuit 2 - Poptarts & String Cheese 3 - Assorted Cereal	1 - French Toast Sticks 2 - Mini Donuts 3 - Assorted Cereal	1 - Cinnamon Toast Crunch Pastry 2 - Assorted Muffins 3 - Assorted Cereal	1 - Egg & Cheese Croissant 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	No School
1 - Sausage & Cheese Biscuit 2 - French Toast Benefit Bar 3 - Assorted Cereal & Cereal Bar	1 - Cocoa Puff Pastry 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bar	1 - Mini Bagels 2 - Assorted Muffins & Yogurt 3 - Assorted Cereal & Cereal Bar	1 - Mini Bagels 2 - Assorted Muffin w/Yogurt 3 - Assorted Cereal & Cereal Bar	1 - Glazed Donut 2 - Yogurt Cup & Gripz 3 - Assorted Cereal & Cereal Bars
1 - Fruit Frudel 2 - Assorted Yogurt & Cheese Stick 3 - Assorted Cereal/Cereal Bar & Cheese Stick	1 - Bacon Breakfast Pizza 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini French Toast 2 - Nutrigrain Bar & Grahams 3 - Assorted Cereal & Cereal Bars	1 - Sausage, Egg & Cheese Biscuit 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	

## Fresh Pick Recipe

### CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.

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