

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

ALL MEALS : BREAKFAST AND LUNCH WILL BE FREE TO ALL STUDENTS UNTIL DEC. 31,2020. WITH THE EXCEPTION OF: LORDSHIP, SOTO, JOHNSON FRANKLIN, NICHOLS, SECOND HILL LANE WILL BE FREE ALL SCHOOL YEAR.



ALL SCHOOL MEALS MEET THE GOVERNMENT REGULATIONS FOR MEAL COMPONENTS  
LUNCH : 5 FRUIT/VEGGIE/ GRAIN/PROTEIN/MILK  
BREAKFAST : 3 FRUIT/GRAIN/MILK

CHEESEBURGER OR TURKEY & CHEESE SUB

CHEESE PIZZA OR BAGEL, YOGURT CHEESE STICK MEAL

5  
BAKED MOZZARELLA STICKS W/ SAUCE OR BAGEL, YOGURT, CHEESE STICK MEAL

6  
CHEESEBURGER OR HAM & CHEESE SUB

7  
HYBRID DAY TURKEY & CHEESE ON SOFT ROLL

8  
POPCORN CHICKEN W/ ROLL OR PROTEIN POWER UP LUNCH (YOGURT ,STRING CHEESE, PITA POCKET

9  
PEPPERONI PIZZA OR CHEF SALAD W/ ROLL

12  
CHEESE PIZZA OR TURKEY & CHEESE SANDWICH

13  
CHICKEN & WAFFLES OR CHEF SALAD / ROLL

14  
HYBRID DAY AMERICAN SUB LUNCH

15  
CHICKEN PATTY ON A ROLL OR CHICKEN CAESAR SALAD/ROLL

16  
CHEESE PIZZA OR HAM & CHEESE SUB

19  
CHICKEN PATTY OR HAM & CHEESE SUB

20  
PEPPERONI PIZZA OR "YO TO GO" YOGURT PARFAIT W/FRUIT & PITA POCKET

21  
HYBRID DAY CHICKEN CAESAR WRAP

22  
CHEESEBURGER OR BAGEL , YOGURT MEAL

23  
CHEESE PIZZA OR TURKEY & CHEESE SANDWICH

26  
CHICKEN NUGGETS W/ ROLL OR AMERICAN SUB

27  
CHEESE PIZZA OR TURKEY & CHEESE SUB

28  
HYBRID BIRD SALAMI & CHEESE ON A SOFT ROLL

29  
BAKED MOZZARELLA STICKS W/ SAUCE OR HAM & CHEESE SUB

30  
MACARONI & CHEESE W/ ROLL OR AMERICAN SUB ON A SOFT ROLL

## 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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## It’s National Pizza Month!

Today, National Pizza Month is observed each October across the U.S. and in much of Canada, too. However, based upon consumption behaviors, every month could be considered Pizza Month in the United States. People don’t really need a special month for pizza in a country where there are an estimated 63,000 pizzerias and 94% of Americans eat pizza at least once a month. The figures equal the consumption of about 45 slices of pizza per person in the U.S. each year and show that Americans definitely love their pizza as evidenced by current figures, which show that they consume 100 acres of pizza per day, or 350 slices per second.

Some people question if pizza is healthy. The answer is yes and no. Depending on the type of crust, the amount of cheese and the toppings used, pizza can rank anywhere from nutritionally decent to a diet disaster. Not only do the ingredients used to make the pizza cause a significant swing in the nutritional content of pizza, but the size of the slice and the number of slices you eat count, too. In the USDA school meal program, all pizzas are required to meet very specific nutrition standards for calories, fat and sodium. School pizza includes a healthier mix of ingredients including lower sodium, lycopene-rich tomato sauce and lower fat, calcium boosting mozzarella cheese. Coupled with a side of vegetables and/or fruit, students can enjoy a well-balanced meal. If you enjoy pizza on a regular basis, try making it at home using healthier ingredients, such as part-skim mozzarella cheese and tomato sauce without added salt. Don’t forget to top it with lots of vegetables; the more colorful your pizza, the better!

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

## 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.

