

MONDAY

2

Cheeseburger
Protein Power Up Box
Hot Side: Aztec Corn
Garden Bar: Mixed Green Salad
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

TUESDAY

3

Chicken Drumstick with Breadsticks
Chicken Caesar Salad with Breadsticks
Hot Side: Mixed Vegetables
Garden Bar: Sliced Cucumbers in Oil
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

WEDNESDAY

4

Sloppy Joe Sandwich
Turkey & Cheese Sandwich
Hot Side: Potato Wedges
Garden Bar: Carrots & Celery Sticks
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

THURSDAY

5

Baked Corn Dog
Garden Green Salad with Breadsticks
American Deli Sandwich
Hot Side: Baked Beans
Garden Bar: Tossed Salad
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

FRIDAY

6

Sausage or Cheese Pizza
Ham & Cheese Sandwich
Fruit & Yo To Go Box
Hot Side: Roasted Broccoli & Carrots
Garden Bar: Tossed Salad w/ Strawberries
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

Lunch includes choice of entrée listed, variety of fruits and vegetables, and choice of milk.

9

Classic Mac & Cheese with Breadstick
Sandwich Bento Box
Chicken Caesar Wrap
Hot Side: Roasted Broccoli
Garden Bar: Broccoli Florets
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

10

Chicken Alfredo Mac with Breadstick
Chef Salad with Breadsticks
Hot Side: Mixed Vegetables
Garden Bar: Chilled Corn w/ Diced Tomatoes
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

11

Chick'n Nuggets with Breadstick
Ham & Cheese Sandwich
Hot Side: Baked Beans
Garden Bar: Mixed Green Salad
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

12

BIG CITY BITES - Seattle Teriyaki
Chicken Rice Bowl
Blueberry Yogurt Parfait
Hot Side: Roasted Broccoli & Carrots
Garden Bar: Spinach Salad w/ Chickpeas
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

13

No School
End of 1st Quarter
No Students

National School Lunch Week

16

Sweet & Sour Chick'n Bowl
Pizza Bento Box
Turkey & Cheese Sandwich
Hot Side: Roasted Broccoli & Carrots
Garden Bar: Kidney Beans
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

17

Breakfast for Lunch: Pancakes & Sausage
Hot Ham & Cheese Sandwich
Fruit & Yo-To-Go Box
Hot Side: Baked Cinnamon Apples
Garden Bar: Celery & Carrots
Fresh Fruit
Apple Juice
Assorted Fat Free / Low Fat Milk

18

Bean & Cheese Nachos
Crispy Chicken Salad with Breadstick
Hot Side: Southwest Black Beans
Garden Bar: Mixed Green
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

19

Baked Penne Pasta with Breadstick
American Sandwich
Hot Side: Seasoned Green Beans
Garden Bar: Baby Carrots
Fresh Fruit
Grape Juice (4oz)
Assorted Fat / Low Fat Milk

20

Pepperoni or Cheese Pizza
Buffalo Chicken Wrap
Hot Side: Mixed Vegetables
Garden Bar: Sliced Cucumbers w/ Cherry Tomatoes
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

23

Rib BQ Sandwich
Ham & Cheese Sandwich
Hot Side: Mixed Vegetables
Garden Bar: Tossed Salad
Fresh Fruit
Apple Juice (4oz)
Assorted Fat Free / Low Fat Milk

24

Mozzarella Stuffed Breadsticks with Marinara Sauce
Fruit & Yo-To-Go Box
Hot Side: Broccoli & Carrots
Garden Bar: Mixed Green Salad
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

25

Hot Dog w/ Toppings
Chef Salad with Breadsticks
Sandwich Bento Box
Hot Side: Baked Beans
Garden Bar: Apple Glazed Carrots
Fresh Fruit
Grape Juice (4oz)
Assorted Fat Free / Low Fat Milk

26

Crispy Chicken Sandwich
Garden Green Salad with Breadsticks
Hot Side: Tater Tot Hash
Garden Bar: Garden Salad
Fresh Fruit
Fresh Canned Fruit
Assorted Fat Free / Low Fat Milk

27

No School
Fall Break

30

Meatball Marinara Sub
Crispy Chicken Sandwich
Strawberry Yogurt Parfait
Pinwheel Bento Box
Mixed Vegetables

31

Breakfast for Lunch: French Toast
Sticks & Sausage
Giant Soft Taco
Italian Deli Sandwich
Chicken Caesar Salad with Breadsticks
Tater Tots



freshpick
for better health



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.

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

BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage (can substitute with fresh)
- Salt and pepper to taste
- 3 cups Grapes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
5. Place in oven for 20 minutes.
6. Remove from oven and add the grapes to the pan.
7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
8. Serve with rice.