

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Chicken Nuggets W/ Garlic Knots Cheese Pizza Turkey Sandwich Fruit & Veggie Milk</p>	<p>BBQ Pulled Pork Sandwich Spaghetti & Meatballs W/ Bread Stick Italian Sandwich Fruit & Veggies Milk</p>	<p>Beef N Cheese Nachos Hot Dog Mini Bento Box Fruit & Veggies Milk</p>	<p>Crispy Chicken Sandwich Orange Chicken W/ Rice or Pasta Yogurt Fruit Box Fruit & Veggies Milk</p>	<p>Mac & Cheese Corn Dog w/ Fries Turkey Sandwich Fruit & Veggies Milk</p>
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<p>4 Deli Sub Cheese Pizza Fruit & Veggies Milk</p>	<p>5 BBQ Pulled Pork Pasta Bowl w/ Meatballs Fruit & Veggies Milk</p>	<p>6 Grill Hot Dog w/ Chips Beef Nachos Fruit & Veggies Milk</p>	<p>7 Chicken Patty Sandwich Parfaits Fruit & Veggies Milk</p>	<p>8 Closed</p>
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<p>11 Chicken Alfredo W/ Bread Stick Cheese Pizza Fruit & Veggies Milk</p>	<p>12 Grilled Ham & Cheese Crispy Chicken Wrap Fruit & Veggies Milk</p>	<p>13 Popcorn Chicken Bowl W/ Br Stick Italian Sub Sandwich W/ Chips Fruit & Veggies Milk</p>	<p>14 Walking Beef Taco Mozzarella Stuffed Bread Stick Fruit & Veggies Milk</p>	<p>15 Closed</p>
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<p>18 Baked Penne W/ Bread Stick Cheese Pizza Fruit & Veggies Milk</p>	<p>19 Omelet W/ French Toast Chili Frito Pie Fruit & Veggies Milk</p>	<p>20 Deli Sandwich Refried Bean Nachos Fruit & Veggies Milk</p>	<p>21 BBQ Pulled Pork Cheeseburger Fruit & Veggies Milk</p>	<p>22 Meatball Sub Orange Chicken W/ Rice or Pasta Fruit & Veggies Milk</p>
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<p>25 Deli Sub W/ Chips Cheese Pizza Fruit & Veggies Milk</p>	<p>26 Beef Taco's Mac & Cheese W/ Bread Stick Fruit & Veggies Milk</p>	<p>27 Popcorn Chicken Bowl W/ Br Stick Hot Dogs W/ Tots Fruit & Veggies Milk</p>	<p>28 Pasta Bowl W/ Meatballs W/ Br Stick Chicken Patty Sandwich w/ Tots Fruit & Veggies Milk</p>	<p>29 Chicken & Waffles Grilled Cheese W/ Tomato Soup Fruit & Veggies Milk</p>
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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.

www.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-27 Breakfast Pizza Muffin w/ Cheese Stick Juice, Fruit, & Milk	8/31/21-9-28 Bacon & Egg Biscuit Banana Muffin w/ Cheese Stick Cereal W/ Ch Stick Juice, Fruit, & Milk	9/1/21-9-29 Mini Bagels w/ Cr Cheese French toast Sticks Cereal W/ Ch Stick Juice, Fruit, & Milk	9-30 Breakfast UBR Muffin W/ Ch Stick Cereal w/ Ch Stick Juice, Fruit, & Milk	9/21/21-10-1 Breakfast Burrito Cereal W/ Cheese Stick Mini Pancake Juice, Fruit, & Milk
10/4/21 Breakfast Pizza Cereal W/ Ch Stick Muffin W/ Ch Stick Juice, Milk	10/5/21 Bacon & Egg Breakfast Biscuit Banana Muffin w/ Cheese Stick Cereal w/ Cheese Stick Juice, Fruit, & Milk	10/6/21 Cereal w/ Cheese Stick French Toast Mini Bagels Juice, Fruit, & Milk	10/7/21 UBR Bar Cereal w/ Cheese Stick Blueberry Muffin W/ Cheese Stick Juice, Fruit & Milk	10/8/21 Closed
10/11/21 Breakfast Pizza Cereal w/ Ch Stick Muffin W/ Ch Stick Juice, Fruit, & Milk	10/12/21 Bacon & Egg Biscuit Banana Muffin w/ Ch Stick Cereal W/ Ch Stick Juice, Fruit, & Milk	10/13/21 Cereal w/ Ch Stick French Toast Mini Bagels Juice, Fruit, & Milk	10/14/21 Breakfast UBR Bar Cereal W/ Ch Stick Muffin W/ Ch Stick Juice, Fruit, & Milk	10/15/21 Closed
10/18/21 Breakfast Pizza Cereal W/ Ch Stick Muffin W/ Ch Stick Juice, Fruit, & Milk	10/19/21 Banana Muffin w/ Ch Stick Cereal W/ Ch Stick Bacon & Egg Biscuit Juice, Fruit, & Milk	10/20/21 French toast Donuts w/ Ch Stick Cereal W/ Ch Stick Juice, Fruit, Milk	10/21/21 Breakfast UBR Bar Cereal W/ Ch Stick Muffin W/ Ch Stick Juice, Fruit, & Milk	10/22/21 Breakfast Burrito Cereal W/ Ch Stick Mini Pancake Juice, Fruit, & Milk
10/25/21 Breakfast Pizza Cereal W/ Ch Stick Muffin W/ Ch Stick Juice, Fruit, & Milk	10/26/21 Bacon & Egg Biscuit Cereal W/ Ch Stick Banana Muffin W/ Ch Stick Juice, Fruit, & Milk	10/27/21 French Toast Cereal W/ Ch Stick Donuts W/ Ch Stick Juice, Fruit, & Milk	10/28/21 Breakfast UBR Bar Cereal W/ Ch Stick Muffin W/ Ch Stick Juice, Fruit, & Milk	10/29/21 Breakfast Burrito Cereal W/ Ch Stick Mini Pancake Juice, Fruit, & Milk

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.



Nutrition Information is available upon request.