

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Cheese or Pepperoni Pizza
Green Beans
Turkey & Cheese Sub
Fruit & Veggie
Milk

3

Colorado Proud Day
French toast, Eggs
Local Kinikin Breakfast Sausage
Local Cedaredge Apples
Tator Tots
Combo Bento Box
Fruit & Veggie
Milk

4

BBQ Rib Pork Sandwich
Baked Beans
Turkey & Cheese Sub
Fruit & Veggie
Milk

5

Chicken Nuggets with Roll
French Fries
Combo Bento Box
Fruit & Veggie
Milk

6

Grilled Cheese and Tomato Soup
Steamed Broccoli
Turkey & Cheese Sub
Fruit & Veggie
Milk

JOIN US FOR COLORADO PROUD DAY OCTOBER 3RD!

9

Cheese or Pepperoni Pizza
Roasted Zucchini
Chicken Caesar Salad
Fruit & Veggie
Milk

10

Chicken Drumstick w/ Biscuit
Roasted Potatoes
Italian Sub
Fruit & Veggie
Milk

11

Mozz. Stuffed Breadstick
Marinara Sauce
Apple glazed Carrots
Chicken Caesar Salad
Fruit & Veggie
Milk

12

Orange Chicken w/ Rice
Steamed Broccoli
Italian Sub
Fruit & Veggie
Milk

13

NO SCHOOL

16

NO SCHOOL

17

Spaghetti w/ Meatballs
Green Beans
Sunbutter Sandwich
Fruit & Veggie
Milk

18

LUCKY TRAY DAY!
Cheese or Pepperoni Pizza
Heated Corn
Ham & Cheese Sub
Fruit & Veggie
Milk

19

Turkey Pot Roast & Roll
Mashed Potatoes
Sunbutter Sandwich
Fruit & Veggie
Milk

20

Chicken And Waffles
Tater tots
Ham & Cheese Sub
Fruit & Veggie
Milk

Come eat with us on Lucky Tray day, one student from each grade will have the opportunity to win a prize

23

Walking Tacos
Refried Beans
Turkey & Cheese Sub
Fruit & Veggie
Milk

24

Crispy Chicken Sand.
Fries
Hummus Bento Box
Fruit & Veggie
Milk

25

Teriyaki Chicken & Rice
Apple Glazed carrots
Turkey & Cheese Sand.
Fruit & Veggie
Milk

26

Cheeseburger
Sweet Potato Fries
Hummus Bento Box
Fruit & Veggie
Milk

27

Cheese & Pepperoni Pizza
Peas
Turkey & Cheese Sub
Fruit & Veggie
Milk

Every Month we will feature a Fresh pick, this month it is Grapes!

30

Pork Nachos
Pinto Beans
Pretzel & Cheese
Fruit & Veggie
Milk

31

Halloween
Mummy Dogs
Pea's
Zombie Sauce
Sweet Trick or Treat
Combo Sub
Fruit & Veggie
Milk

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 |
|--|---|---|---|--|
| 10/2/23 Pancakes Cereal Fruit, Juice & Milk | 10/3/23 Apple Strudel Poptart Fruit, Juice & Milk | 10/4/23 Biscuit Breakfast Sandwich Cini Mini Roll Fruit, Juice & Milk | 10/5/23 Breakfast Burrito Yogurt Parfait Fruit, Juice & Milk | 10/6/23 Waffle Sandwich Scone Juice, Fruit & Milk |
| 10/9/23 French Toast Cereal Fruit, Juice & Milk | 10/10/23 Bagel breakfast Sandwich Blueberry Bread Fruit, Juice & Milk | 10/11/23 Breakfast Pizza Pop-Tart Juice, Fruit & Milk | 10/12/23 Chicken Sausage Fritter Donut Juice, Fruit & Milk | 10/13/23 NO SCHOOL |
| 10/16/23 NO SCHOOL | 10/17/23 Breakfast Burrito Pop - Tart Juice, Fruit & Milk | 10/18/23 Waffles Cereal Juice, Fruit & Milk | 10/19/23 Biscuits and Gravy Yogurt Parfait Juice, Fruit & Milk | 10/20/23 Apple Strudel Cereal Juice, Fruit & Milk |
| 10/23/23 Bagel breakfast Sandwich Banana Bread Fruit, Juice & Milk | 10/24/23 Biscuit & Jelly Pop Tarts Fruit, Juice & Milk | 10/25/23 Muffin Top Cereal Fruit, Juice & Milk | 10/26/23 Yogurt Parfait Donuts Fruit, Juice & Milk | 10/27/23 Breakfast Tacos Uber Bar Fruit, Juice & Milk |
| 10/30/23 Pancakes Cereal Fruit, Juice & Milk | 10/31/23 Bagels & Cr. Cheese Pop Tarts Fruit, Juice & 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.