

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Beef and Cheese Nachos Cheddar Cheese Nachos (v) Chicken Soft Tacos Mandarin Oranges Mexican Black Beans Variety of Milk	2 Cheese Pizza (v) Pepperoni Pizza Chili Hot Dog Applesauce Roasted Broccoli Variety of Milk	3 BBQ Pork Sandwich Smothered Bean and Cheese Burrito (v) Pineapple Tidbits Sweet Potato Fries Variety of Milk	4 Baked Penne Pasta (v) Chicken Strips and Waffle Diced Pears Roasted Broccoli Variety of Milk
--	--	--	---	---

--	--	--	--	--

7	8 Beef and Cheese Nachos Cheddar Cheese Nachos (v) Spaghetti and Meat Sauce Cubed Watermelon Mixed Vegetable Blend Variety of Milk	9 Breaded Beef Fingers Cheese Pizza (v) Pepperoni Pizza Pineapple Tidbits Corn Variety of Milk	10 Cheeseburger / Hamburger Macaroni and Cheese (v) Diced Peaches Sweet potato Fries Variety of Milk	11 Mini Cheese Ravioli (v) Popcorn Chicken Applesauce Ranch Style Beans Variety of Milk
---	--	--	---	--

--	--	--	--	--

14 Fruit, Cheese, and Yogurt Plate (v) Asian Meatballs Diced Peaches Sweet Potato Fries Variety of Milk	15 Beef and Cheese Nachos Cheddar Cheese Nachos (v) Salisbury Steak Banana Mixed Vegetable Blend Variety of Milk	16 Cheese Pizza (v) Pepperoni Pizza Turkey Dog Orange Charro Beans Variety of Milk	17	18
--	--	--	----	----

--	--	--	--	--

21 Alfredo Bake (v) Sloppy Joe on a Roll Fresh Pears Corn Variety of Milk	22 Beef and Cheese Nachos Cheddar Cheese Nachos (v) Chicken Patty Sandwich Orange Sweet Potato Fries Variety of Milk	23 Cheese Pizza (v) Pepperoni Pizza Turkey Breast and Cheese Sandwich Whole Apple Herb Roasted Carrots Variety of Milk	24 Bean and Cheese Burrito (v) Cheeseburger / Hamburger Applesauce Green Beans Variety of Milk	25 Beef Soft Tacos Macaroni and Cheese (v) Pineapple Tidbits Vegetarian Baked Beans Variety of Milk
--	--	--	---	--

--	--	--	--	--

28 Chicken Fried Steak Smothered Bean and Cheese Burrito (v) Orange Mashed Potatoes Variety of Milk	29 Beef and Cheese Nachos Cheddar Cheese Nachos (v) Chicken Alfredo Macaroni Banana Sweet Potato Fries Variety of Milk	30 Cheese Pizza (v) Pepperoni Pizza Chicken Patty Sandwich Mandarin Oranges Charro Beans Variety of Milk	31 Cheese Lasagna Roll Up (v) Corn Dog Diced pears Mixed Vegetable Blend Variety of 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.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast Taco Strawberry Banana Parfait (v) Cinnamon Toast Crunch Cereal (v)	Kolache Banana Bread (v) Lucky Charms Cereal (v)	Breakfast Burrito French Toast Sticks (v) Cocoa Puffs Cereal (v)	Biscuit with Sausage and Gravy Strawberry Poptarts (v) Rice Krispie Cereal (v)
	Cinnamon Glazed French Toast (v) Turkey Sausage Breakfast on a Bun Rice Krispie Cereal (v)	Chicken on a Biscuit Strawberry Cream Cheese Bagel (v) Froot Loops Cereal (v)	Double Berry Yogurt Parfait (v) Egg and Potato Taco (v) Cinnamon Toast Crunch Cereal (v)	English Muffin Melt (v) Mini Pancake Bites (v) Lucky Charms Cereal (v)
Turkey and Ham Breakfast on a Bun Donut with Icing (v) Rice Krispie Cereal (v)	Cheese Grits with Tur- key Sausage Breakfast Crumble (v) Froot Loops Cereal (v)	Pancake on a Stick Strawberry Banana Parfait (v) Cinnamon Toast Crunch Cereal (v)		
Breakfast Quesadilla Mini Cinnamon Waffle Bites (v) Froot Loops Cereal (v)	Breakfast Taco Strawberry Banana Parfait (v) Cinnamon Toast Crunch Cereal (v)	Kolache Banana Bread (v) Lucky Charms Cereal (v)	Breakfast Burrito French Toast Sticks (v) Cocoa Puffs Cereal (v)	Biscuit with Sausage and Gravy Strawberry Poptarts (v) Rice Krispie Cereal (v)
English Muffin Melt (v) Mini Cinnis (v) Cinnamon Toast Crunch Cereal (v)	Turkey Sausage Breakfast on a Bun Mini Pancake Bites (v) Lucky Charms Cereal (v)	Turkey and Pork Breakfast Bites Cinnamon Glazed French Toast (v) Cocoa Puffs Cereal (v)	Chicken on a Biscuit Donut with Icing (v) Rice Krispie Cereal (v)	

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil. Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.



Please look for these icons in your cafeteria.