

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1**

WORK WHILE YOUR CHILDREN ARE IN SCHOOL!!  
Nutrition Services is seeking part time kitchen help  
Please call 503 759-7478 for more information

**2**

**Breakfast:**  
Bagel & Cream Cheese  
**Lunch:**  
Twisted Dog  
Baked Pepperoni or Cheese Pizza  
Tuna Sub  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**3**

**Breakfast:**  
Ham & Cheese Muffin Sandwich  
**Lunch:**  
Cheesy Breadsticks w/Marinara  
Chicken Nuggets w/WG Roll  
Ham and Cheese Sandwich  
Beef Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**4**

**Breakfast:**  
Mini Maple Waffles  
**Lunch:**  
Baked Chicken w/Cheesy Potatoes and WG Roll  
Baked Taco or Cheese Pizza  
Italian Sub  
Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**5**

**Breakfast:**  
WG Cinnamon Roll  
**Lunch: One Day Fun Day!**  
Soft Chicken & Cheese Taco  
Baked Teriyaki Chicken Breast w/Tots and WG Roll  
Peppi Pizza Salad  
Seed/Nut Butter & Jelly Sandwich  
*Includes Fruits, Vegetables & Milk*

**7**

**Breakfast:**  
French Toast Sticks  
**Lunch:**  
BBQ Chicken or Cheese Flatbread  
Chicken Burger  
American Sandwich  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**8**

**Breakfast:**  
Breakfast Pizza Bagel  
**Lunch:**  
Baked WG Corn Dog  
Baked Pepperoni or Cheese Pizza  
Chicken Salad Sub  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**9**

**Breakfast:**  
Scrambled Eggs and Toast  
**Lunch:**  
**New! Walking Nachos**  
Chicken Nuggets w/WG Roll  
Seed/Nut Butter & Jelly Sandwich  
Beef Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**10**

**Breakfast:**  
Blueberry Bagel with Cream Cheese  
**Lunch:**  
**National Sausage Pizza Day!**  
Baked Sausage or Cheese Pizza  
Grilled Cheese with Tomato Soup  
Tuna Sub  
Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**11**

NO SCHOOL

**14**

**Breakfast:**  
Pancake on a Slick  
**National School Lunch Week:**  
Soft Pretzel w/Cheese Sauce  
Chicken Burger  
Turkey & Cheese Sandwich  
Chef Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**15**

**Breakfast:**  
Apple Frudel  
**National School Lunch Week:**  
Korean Meatballs over Rice  
Baked Pepperoni or Cheese Pizza  
Italian Sub  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**16**

NO SCHOOL

**17**

NO SCHOOL

**18**

NO SCHOOL

**21**

**Breakfast:**  
Sausage Breakfast Pizza  
**Lunch:**  
Golden Chicken & Waffles  
Chicken Burger  
American Sandwich  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**22**

**Breakfast:**  
Pancake Bites  
**Lunch:**  
Taco Burger  
Baked Pepperoni or Cheese Pizza  
Chicken Salad Sub  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**23**

**Breakfast:**  
Scrambled Eggs w/Toast  
**Lunch:**  
Cheesy Breadsticks w/Marinara  
Chicken Nuggets w/WG Roll  
Seed/Nut Butter & Jelly Sandwich  
Beef Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**24**

**Breakfast:**  
Fruit & Yogurt Parfait  
**Lunch:**  
**New! BBQ Pork Riblet Sandwich**  
Baked Hawaiian or Cheese Pizza  
Tuna Sub  
Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**25**

**Breakfast:**  
French Toast with Syrup  
**Lunch:**  
Homemade Spaghetti  
Baked Chicken Breast w/Tots and WG Roll  
Lift-Off Salad w/WG Roll  
Ham & Cheese Sandwich  
*Includes Fruits, Vegetables & Milk*

**28**

**Breakfast:**  
Waffles with Fruit Compote  
**Lunch:**  
Baked WG Corn Dog  
Chicken Burger  
Turkey & Cheese Sandwich  
Chef Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**29**

**Breakfast:**  
Chocolate Chip Breakfast Round  
**Lunch:**  
Bean & Cheese Burrito  
Baked Pepperoni or Cheese Pizza  
Italian Sub  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**30**

**Breakfast:**  
Yogurt with Graham Crackers  
**Lunch:**  
Hot Dog on w/WG Bun  
Chicken Nuggets w/WG Roll  
Ham & Cheese Sandwich  
Chicken Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**31**

**Breakfast:**  
Mini Maple Waffles  
**Lunch: COOKIE DAY**  
Grilled Cheese with Tomato Soup  
Baked Chicken Ranch or Cheese Pizza  
Egg Salad Sub  
Poppin' Chicken Salad w/WG Roll  
*Includes Fruit, Vegetables and Milk*

**BREAKFAST INCLUDES: CHOICE OF DAILY ENTREE OR HOT OR COLD CEREAL W/TOAST OR CHEESE STICK AND VARIETY OF FRUITS AND 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.

liftoffsplayground.com

## 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

### WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

**NUTRITION FACTS:**  
13 calories, .08g fat,  
5mg sodium, .65g fiber

### SCHOOL MEAL PRICES:

**BREAKFAST:** REDUCED MEALS AT NO COST PAID: ELEMENTARY \$1.50 MIDDLE SCHOOL \$1.75  
HIGH SCHOOL \$1.75  
**LUNCH:** REDUCED MEALS AT NO COST PAID: ELEMENTARY \$2.50 MIDDLE SCHOOL \$3.00  
HIGH SCHOOL \$3.25

**INVEST IN YOUR STUDENT'S LONG TERM HEALTH -  
PURCHASE SCHOOL MEALS!**

Nutrition information is available upon request.