

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2

Pepperoni & Cheese  
Stuffed Sandwich  
Bacon Cheeseburger  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Slim Stix Sweet Potato Fries  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

3

Chicken in Basket w/Biscuit  
Hot Dog w/Cheese Sauce  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Potato Wedges  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

4

Mac & Cheese w/Breadstick  
Chicken Nuggets w/Breadstick  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Green Beans  
Fresh Fruit & Fruit Cup

5

Popcorn Chicken Stir Fry  
w/Brown Rice  
Grilled Cheese  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Chinese Style Veggies  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

6

Round Galaxy Pizza  
Cheese or Pepperoni  
Meatball Parm Sub  
Ham & Cheese Sandwich  
Turkey Club Salad w/Roll  
Bagel Boat  
Tossed Salad  
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate

9

School Closed  
Columbus Day

10

Chicken Nuggets w/Dinner Roll  
Grilled Ham & Cheese Pretzel Melt  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Waffle French Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

11

Pasta & Meatballs w/Dinner Roll  
Chicken Patty Sandwich  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Broccoli Bites  
House Salad  
Fresh Fruit & Fruit Cup

12

Nachos Grande w/Rice  
Cheese Quesadilla  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Baked Beans  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

13

Big Daddy Bold Pizza  
Cheese or Pepperoni  
Cheese Steak Sub  
Tuna Salad Sandwich  
Crispy Chicken Caesar Salad  
Cereal Boat  
Cucumber Slices  
Fresh Fruit & Fruit Cup

Menu subject to change

16

Cheese or Chicken Quesadilla  
Cheeseburger  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Cross Trax Sweet Potato Fries  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

17

Crispy Chicken Bowl w/Roll  
Hot Dog  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Mashed Potatoes w/gravy  
Steamed Corn  
Fresh Fruit & Fruit Cup

18

Baked Ziti w/Breadstick  
Grilled Chicken Sandwich  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Roasted Vegetables  
Tossed Salad  
Fresh Fruit & Fruit Cup

19

Jumbo Popcorn Chicken w/Roll  
& Dipping Sauce  
Spartan Burger  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Baked Beans  
Spinach Tossed Salad  
Fresh Fruit & Fruit Cup

20

Hand Tossed Pizza  
Cheese or Pepperoni  
Meatball Parm Sub  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

23

Mozzarella Sticks w/Marinara Sauce  
Hamburger  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Glazed Carrots  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

24

Chicken Tenders w/Dinner Roll  
Hot Dog  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Smile Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

25

Pasta and Meatballs w/Breadstick  
Chicken Parm Sandwich  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Steamed Broccoli  
Tossed Salad  
Fresh Fruit & Fruit Cup

26

Chicken & Waffles  
Grilled Cheese  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Steamed Peas  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

27

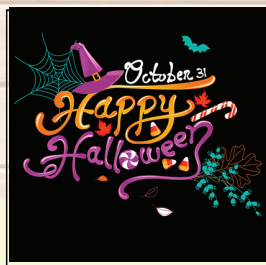
French Bread Pizza  
Cheese or Pepperoni  
Fish Sticks  
Italian Sub  
Grilled Chicken Salad w/Roll  
Pretzel Boat  
Baby Carrots  
Fresh Fruit & Fruit Cup

30

Pancakes w/Sausage  
Cheeseburger  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Crazy Cheese Cube Bento Box  
Glazed Carrots  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

31

Popcorn Chicken w/Roll  
Corn Dog  
Turkey & Cheese Sandwich  
Garden Salad w/Cheese & Roll  
Crazy Cheese Cube Bento Box  
Baked Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup



### Daily Thrive Bar

**Monday:** Baby Carrots  
**Tuesday:** Chilled Corn  
**Wednesday:** Romaine or Spinach Salad  
**Thursday:** Bean Salad & Baby Carrots  
**Friday:** Celery Sticks





## Commit to Making Every Monday A Healthier Start to the Week

Monday symbolizes the beginning of each week, a fresh start and the opportunity to begin something new. Much like when people make a New Year's resolution, people tend to use Monday as a day dedicated to health. A healthier start on a Monday often means a healthier week will follow.

To help students, staff and families create and maintain healthier behaviors, My Mondays, Sodexo's new educational campaign, will help promote healthy eating, physical activity, cooking and sustainable, earth-friendly behaviors.

This initiative has been modeled after the Mondays Campaign, which is a non-profit public health initiative associated with Johns Hopkins, Columbia and Syracuse Universities that dedicates the first day of every week to health. Every Monday, individuals and organizations across the globe join together to commit to the healthy behaviors that can help end chronic preventable diseases.

For more information on the Mondays Campaign, please visit <http://www.mondaycampaigns.org/>.



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](http://liftoffsplayground.com)

## BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar  
All Breakfast come with Fruit and Variety of Reduced Fat Milk

**MONDAY:** Whole Grain Cereal and Graham Crackers

**TUESDAY:** Hot Mini Maple Pancakes

**WEDNESDAY:** Warm Mini Cinni's

**THURSDAY:** Hot Mini Berry Waffles

**FRIDAY:** Whole Grain Muffin with Graham Crackers

## Fresh Pick Recipe

### RICE WITH LEMONY CUCUMBER SAUCE

- 2 cup Rice(preferably brown/cooked according to package directions)
- 1 ½ cup Plain yogurt(non fat)
- 1 cup Cucumber(medium dice)
- 1 T Lemon Juice
- ½ t Lemon zest
- 2 t dry mint
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In a small bowl add the yogurt, cucumber, lemon juice, zest, mint and salt and pepper to taste.
3. Serve rice with a healthy portion of the sauce on the side.



Please make sure to apply for free or reduced meals at [SchoolmealApp.com](http://SchoolmealApp.com). If you have any questions in regards to the School Breakfast or Lunch Program do not hesitate to call Sodexo at 732-531-5630 ext 7091.

**sodexo**