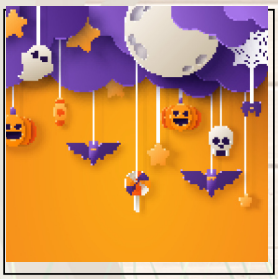
THE clubhouse @

TRJ Preschool Menu

OCT 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 ENTREE SELECTIONS: Chicken & Rice Bowl Uncrustable PB&J w/ Cheese Stick SIDES: Steamed Corn Fresh Fruit & Milk Choice	**4** ENTREE SELECTIONS: Savory Cheeseburger on a Bun Uncrustable PB&J w/ Cheese Stick SIDES: Sweet Potato Fries Fresh Fruit & Milk Choice	**5** ENTREE SELECTIONS: Cheesy Quesadilla Uncrustable PB&J w/ Cheese Stick SIDES: Garden Side Salad Fresh Fruit & Milk Choice	**6** ENTREE SELECTIONS Crispy Chicken Nuggets Uncrustable PB&J w/ Cheese Stick SIDES: Baked Beans Fresh Fruit & Milk Choice	**7** No School
*Menu Subject to change based on availability. A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free and 1% Plain Milk				
10 ENTREE SELECTIONS: Say Cheese Please Burger Peanut Butter Jelly Time SIDES: Roasted Broccoli Fresh Fruit & Milk Choice	**11** ENTREE SELECTIONS: Spectacular Chicken Nuggets Peanut Butter Jelly Time SIDES: Whipped Potatoes Fresh Fruit & Milk Choice	**12** ENTREE SELECTIONS: Taco Bout Awesome! Peanut Butter Jelly Time SIDES: Refried Beans Fresh Fruit & Milk Choice	**13** ENTREE SELECTIONS: Super Duper Chicken Sandwich Peanut Butter Jelly Time SIDES: Roasted Sesame Carrot Fresh Fruit & Milk Choice	**14** ENTREE SELECTIONS: Itza Pizza Day Peanut Butter Jelly Time SIDES: Southern Green Beans Fresh Fruit & Milk Choice
Happy National School Lunch Week! A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free and 1% Plain Milk				
17 ENTREE SELECTIONS: Cheesy Quesadilla Uncrustable PB&J w/ Cheese Stick SIDES: Refried Beans Fresh Fruit & Milk Choice	**18** ENTREE SELECTIONS: Grilled Ham & Cheese Sandwich Uncrustable PB&J w/ Cheese Stick SIDES: Tater Tots Fresh Fruit & Milk Choice	**19** ENTREE SELECTIONS: Mac & Cheese Uncrustable PB&J w/ Cheese Stick SIDES: Steamed Broccoli Fresh Fruit & Milk Choice	**20** ENTREE SELECTIONS: American Hero Sandwich Uncrustable PB&J w/ Cheese Stick SIDES: Roasted Green Beans Fresh Fruit & Milk Choice	**21** ENTREE SELECTIONS: Hot Baked Pizza Uncrustable PB&J w/ Cheese Stick SIDES: Steamed Carrots Fresh Fruit & Milk Choice
A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free and 1% Plain Milk				
24 ENTREE SELECTIONS Crispy Chicken Nuggets Uncrustable PB&J w/ Cheese Stick SIDES: Sweet Potato Fries Fresh Fruit & Milk Choice	**25** ENTREE SELECTIONS: Savory Cheeseburger Uncrustable PB&J w/ Cheese Stick SIDES: Baked Beans Fresh Fruit & Milk Choice	**26** ENTREE SELECTIONS: Breakfast For Lunch French Toast Sticks & Sausage Patties Uncrustable PB&J w/ Cheese Stick SIDES: Smiley Fries Fresh Fruit & Milk Choice	**27** ENTREE SELECTIONS: Crispy Chicken Sandwich Uncrustable PB&J w/ Cheese Stick SIDES: Steamed Broccoli Fresh Fruit & Milk Choice	**28** ENTREE SELECTIONS: Hot Baked Pizza Uncrustable PB&J w/ Cheese Stick SIDES: Roasted Green Beans Fresh Fruit & Milk Choice
A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free and 1% Plain Milk				
31 ENTREE SELECTIONS: Spaghetti with Meat Sauce Uncrustable PB&J w/ Cheese Stick SIDES: Steamed Broccoli Fresh Fruit & Milk Choice				
A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free and 1% Plain Milk				

This institution is an equal opportunity provider.

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
Mini French Toast Sticks Assorted Cereals FRUIT CHOICE	Assorted Muffins Assorted Cereal FRUIT CHOICE	Crispy Chicken Biscuit Assorted Cereals FRUIT CHOICE	Sausage Biscuit Assorted Cereal FRUIT CHOICE	No School
Fluffy Pancakes Assorted Cereal FRUIT CHOICE	Breakfast Pizza Assorted Cereals FRUIT CHOICE	Assorted Muffins Assorted Cereals FRUIT CHOICE	Egg Patty w/ Toast Assorted Cereals FRUIT CHOICE	Sausage Biscuit Assorted Cereals FRUIT CHOICE
French Toast Sticks Assorted Cereals FRUIT CHOICE	Scrambled Eggs & Toast Assorted Cereals FRUIT CHOICE	Crispy Chicken Biscuit Assorted Cereals FRUIT CHOICE	Assorted Muffins & Assorted Cereals FRUIT CHOICE	Sausage Biscuit Assorted Cereals FRUIT CHOICE
Assorted Muffins Assorted Cereals FRUIT CHOICE	Mini French Toast Sticks Assorted Cereals FRUIT CHOICE	Egg Patty w/ Toast Assorted Cereals FRUIT CHOICE	Sausage Biscuit Assorted Cereals FRUIT CHOICE	Breakfast Biscuit Sandwich Assorted Cereals FRUIT CHOICE
Warm Waffles Assorted Cereals FRUIT CHOICE				

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.

Menu Subject to change based on availability.

freshpick for better health by sodexo

Nutrition Information is available upon request.

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