

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

**Breakfast:**  
French Toast Sticks

**Lunch:**  
Melted Cheese & BBQ Chicken Flatbread  
Crispy Chicken Burger on a Bun  
Turkey & Cheese Sandwich on WW  
Chicken Caesar Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**2**

**Breakfast:**  
Warm Apple Pocket

**Lunch:**  
Southern Chicken & Waffles  
Baked Pepperoni or Cheese Pizza  
Italian Sub Sandwich  
Crunchy Chicken Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**3**

**Breakfast:**  
Cinnamon Roll

**Lunch: Lucky Lunch Day**  
Cheesy Breadsticks w/Marinara  
Chicken Bites w/WWW Roll  
Taco Salad w/Tortilla Chips  
Crispy Chicken Wrap  
*Includes Fruits, Vegetables & Milk*

**4**

**Breakfast:**  
Blueberry Bagel w/Cream Cheese

**Lunch:**  
Piping Hot Meatball Sub  
Baked Sausage or Cheese Pizza  
Chunky Chicken Salad Sub  
Peppi Pizza Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**5**

**Breakfast:**  
Eggs w/Toast

**Lunch: National Noodle Day**  
Zesty Meatsauce w/WG Pasta  
Cheeseburger/Hamburger  
Sun Butter w/Jelly Sandwich on WW  
Fresh Picked Fruit & Spinach Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

NATIONAL HISPANIC HERITAGE MONTH - SEPTEMBER 15 TO OCTOBER 15TH

**8**

**Breakfast:**  
Pancake on a Stick

**Lunch:**  
Teriyaki Chicken & Rice  
Crispy Chicken Burger on a Bun  
All American Sandwich  
Classic Chef Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**9**

**Breakfast:**  
SW Breakfast Slider

**Lunch:**  
Home Run Hot Dog on WG Bun  
Baked Pepperoni or Cheese Pizza  
Yummy Egg Salad Sub Sandwich  
Poppin' Chicken Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**10**

**Breakfast:**  
Egg & Cheese English Muffin

**Lunch: Lucky Lunch Day**  
Spicy Beef & Cheese Nachos  
Crispy Chicken Bites w/WWW Roll  
Turkey Ranch & Cheese Flatbread  
SW Chicken Taco Salad w/Chips  
*Includes Fruits, Vegetables & Milk*

**11**

**Breakfast:**  
WG Pancakes w/Syrup

**Lunch:**  
Country Style Chicken Bowl w/WWW Roll  
Baked Supreme or Cheese Pizza  
Chillin' Tuna Sub Sandwich  
Mandarin Chicken Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**12**

**NO SCHOOL**

NATIONAL SCHOOL LUNCH WEEK - OCTOBER 15-19TH

**15**

**Breakfast:**  
Sausage Breakfast Pizza

**National School Lunch Week:**  
Whole Grain Corn Dog  
Crispy Chicken Burger on a Bun  
Turkey & Cheese Sandwich on WW  
Chicken Caesar Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**16**

**Breakfast:**  
Warm Pancake Bites

**National School Lunch Week:**  
Totally Taco Burger  
Baked Pepperoni or Cheese Pizza  
Spicy Italian Sub Sandwich  
Crispy Chicken Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**17**

**Breakfast:**  
Sausage Biscuit w/Cheese

**National School Lunch Week:**  
Home Style Hamburger Gravy w/Potatoes and Gravy w/WWW Roll  
Chicken Bites w/WWW Roll  
Crunchy Chicken Wrap  
Southwest Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**18**

**Breakfast:**  
Fruit & Yogurt Parfait

**National School Lunch Week:**  
Tangy Orange Chicken over Rice  
Baked Hawaiian or Cheese Pizza  
Chunky Chicken Salad Sub  
Peppi Pizza Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**19**

**Breakfast:**  
French Toast Sticks w/Syrup

**National School Lunch Week:**  
Creamy Chicken Alfredo over Pasta  
Cheeseburger/Hamburger  
Sun Butter & Jelly Sandwich  
Fresh Picked Fruit & Spinach Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

Check Out Our NW Local Produce Harvest Highlight Week - October 22 to 26th

**22**

**Breakfast:**  
Pancake Bites with Sausage

**Lunch:**  
Savory Beef & Broccoli over Rice  
Crispy Chicken Burger on a Bun  
All American Sandwich  
Classic Chef Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**23**

**Breakfast:**  
Ultimate Breakfast Round

**Lunch:**  
Street Pork Taco  
Baked Pepperoni or Cheese Pizza  
Yummy Egg Salad Sandwich  
Poppin' Chicken Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**24**

**Breakfast:**  
Cinnamon Roll

**Lunch: Lucky Lunch Day**  
Totally Twisted Dog  
Chicken Bites w/WWW Roll  
Turkey Ranch and Cheese Flatbread  
Chicken Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*

**25**

**Breakfast:**  
WG Bagel w/Cream Cheese

**Lunch:**  
Milty Chicken & Cheese Quesadilla  
Baked Chicken Ranch or Cheese Pizza  
Mandarin Chicken Salad w/WWW Roll  
Tasty Tuna Sub Sandwich  
*Includes Fruits, Vegetables & Milk*

**26**

**Breakfast:**  
Blueberry Muffin Squares

**Lunch:**  
Grilled Cheese Sandwich w/Soup  
Cheeseburger/Hamburger  
Turkey & Cheese on a Bagel  
Peppi Pizza Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*  
**COOKIE DAY**

**29**

**Breakfast:**  
Pancake on a Stick

**Lunch:**  
Spicy Beef & Cheese Nachos  
Crispy Chicken Burger on a Bun  
Sun Butter & Jelly Sandwich  
Fresh Picked Fruit and Spinach Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**30**

**Breakfast:**  
Warm Biscuit w/Gravy

**Lunch:**  
Home Style Chicken Pot Pie  
Baked Pepperoni or Cheese Pizza  
Italian Sub Sandwich  
Crispy Chicken Salad w/WWW Roll  
*Includes Fruits, Vegetables & Milk*

**31**

**Breakfast:**  
Ham & Cheese English Muffin

**Lunch:**  
Baked Potato w/Toppings & Roll  
Chicken Bites w/WWW Roll  
Crunchy Chicken Wrap  
Southwest Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables & Milk*  
**Halloween Treat**

**BREAKFAST INCLUDES:  
CHOICE OF THE DAILY ENTREE  
LISTED OR CEREAL  
WITH TOAST ALONG WITH A  
VARIETY OF FRUITS AND MILK**



## 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)

### MyMondays is Committed to Improving Health

Since wellness can mean different things to different people, Sodexo created "MyMondays" as a way for individuals to identify what health commitment is most important to jump start their personal health. It's your child's or your family's opportunity to decide how you will commit to improving your personal well-being. The four themes of MyMondays are consistent with the messages being shared in the global Mondays Campaign. Each month Sodexo's MyMondays educational program will feature messages and suggested activities to promote the four weekly recurring themes.

The four themes include:

1. **Harvest Monday** encourages students to try new foods and consume more plant-based foods like fruits and vegetables.
2. **Move It Monday** encourages students how to build activity into their daily lives.
3. **Kids Cook Monday** encourages families to find creative, kid-friendly ways to get students more involved in cooking at home. Cooking is an excellent and fun way to reinforce reading and math skills, as well as learn more about different cultures.
4. **Kids Care Monday** demonstrates to students behaviors that can help keep our Earth, schools and homes healthier.

This program was specifically designed to help schools who are ready to create a health education program, and are designed to provide ideas schools can implement regardless of their available resources. We encourage you and your family to learn more about these four key health-promoting topics, review our resources and commit to one new healthier behavior each week. If each week seems overwhelming, start with a new behavior each month. Building a healthier lifestyle begins with one small step that continues to build over time.

*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 \$1.70 MIDDLE SCHOOL \$1.85  
HIGH SCHOOL \$2.00  
LUNCH: REDUCED MEALS AT NO COST. PAID: ELEMENTARY \$2.70 MIDDLE SCHOOL \$3.10  
HIGH SCHOOL \$3.45

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

Nutrition Information is available upon request.

