KID'S WAY CAFE by sodexo

MERCER COUNTY SPECIAL SERVICES

OCT 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Due to nationwide product and ingredient shortages, menus are subject to change based on product availability.	**All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate)**		**1** Chicken Cheese Steak Crispy Chicken Wrap Cheese Pizza Sliced Carrots
4 Chicken Fajitas w/Tortilla Cheese Pizza Ham & Cheese Sandwich Bean Salad	**5** Cheese Burger on a Bun Cheese Pizza Ham & Cheese Sandwich Seasoned Green Beans	**6** Chicken Patty Sandwich Cheese Pizza Ham & Cheese Sandwich Sautéed Spinach	**7** Corn Dog Cheese Pizza Ham & Cheese Sandwich Mashed Potatoes & Corn	**8** French Bread Pizza Meatball Parm. Sub Ham & Cheese Sandwich Roasted Carrot Stick
11 Cheeseburger on a Bun Cheese Pizza Chef's Salad w/Roll Roasted Broccoli	**12** Chicken Alfredo Mac with Garlic Bread Cheese Pizza Chef Salad w/Roll Steamed Corn	**13** Chicken Tenders with Roll Cheese Pizza Chef's Salad Homestyle Baked Beans	**14** Pasta with Meat Sauce Cheese Pizza Chef's Salad w/Roll Parmesan Green Beans	**15** Cheese Quesadilla w/ Salsa Cheese Pizza Chef's Salad w/Roll Steamed Carrots
18 Grilled Cheese Sandwich Cheese Pizza Italian Sandwich Steamed Broccoli	**19** Breakfast for Lunch: Pancakes with Sausage Cheese Pizza Italian Sandwich Smile Fries	**20** Chicken Tenders w/Roll Cheese Pizza Italian Sandwich Mixed Veggies	**21** Nachos Supreme w/ Meat & Cheese Cheese Pizza Italian Sandwich Southwest Black Beans	**22** Beefy Mac with Warm Breadstick Cheese Pizza Italian Sandwich Seasoned Carrot Coins
25 Cheese Ravioli with Roll Cheese Pizza Turkey & Cheese Sandwich Sautéed Spinach	**26** Bacon Cheeseburger on Bun Cheese Pizza Turkey & Cheese Sandwich Baked French Fries	**27** Orange Chicken Bowl with Brown Rice Cheese Pizza Turkey & Cheese Sandwich Ginger Glazed Carrots	**28** Chicken Parm Sandwich Cheese Pizza Turkey & Cheese Sandwich Roasted Chickpeas	**29** Chicken Tenders with Roll Cheese Pizza Turkey & Cheese Sandwich Steamed Green Beans

This institution is an equal opportunity provider.

NUTRITION ACHIEVEMENT ENVIRONMENT COMMUNITY ACTIVITY

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

BAKED BLUEBERRY & PEACH OATMEAL
(SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.
2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

NUTRITION FACTS:
277 **calories**, 11g **fat**, 263mg **sodium**, 3g **fiber**

EAT A RAINBOW CHALLENGE

Nutrition Information is available upon request.

sodexo

NUTRITION ACHIEVEMENT ENVIRONMENT COMMUNITY ACTIVITY