<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>2</td>
<td>3</td>
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<td>6</td>
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</tbody>
</table>
| Cheese or Pepperoni Pizza | Colorado Proud Day | BBQ Rib Pork Sandwich | Chicken Nuggets with Roll | Grilled Cheese and Tomato Soup  
Green Beans | French toast, Eggs | Baked Beans | French Fries | Steamed Broccoli  
Turkey & Cheese Sub | Local Kinikin Breakfast Sausage | Turkey & Cheese Sub | Combo Bento Box | Turkey & Cheese Sub  
Fruit & Veggie | Local Cederedge Apples | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie  
Milk | Tator Tots | Milk | Milk | Milk |

JOIN US FOR COLORADO PROUD DAY OCTOBER 3RD!

<table>
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<th>9</th>
<th>10</th>
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<th>12</th>
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</thead>
</table>
| Cheese or Pepperoni Pizza  
Roasted Zucchini  
Chicken Caesar Salad | Chicken Drumstick w/ Biscuit  
Roasted Potatoes  
Italian Sub | Mozz. Stuffed Breadstick  
Marinara Sauce  
Apple glaze Carrots  
Chicken Caesar Salad | Orange Chicken w/ Rice  
Steamed Broccoli | Orange Chicken w/ Rice  
Steamed Broccoli  
Italian Sub | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie  
Milk | Milk | Milk | Milk | Milk |

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<tr>
<th>16</th>
<th>17</th>
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</table>
| NO SCHOOL | Spaghetti w/ Meatballs  
Green Beans  
Sunbutter Sandwich | LUCKY TRAY DAY!  
Cheese or Pepperoni Pizza  
Heated Corn  
Ham & Cheese Sub | Turkey Pot Roast & Roll  
Mashed Potatoes  
Sunbutter Sandwich | Chicken And Waffles  
Tater tots  
Ham & Cheese Sub | Green Beans  
Refried Beans  
Turkey & Cheese Sub | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie  
Fruit & Veggie | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie  
Milk | Milk | Milk | Milk | Milk |

Come eat with us on Lucky Tray day, one student from each grade will have the opportunity to win a prize

<table>
<thead>
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<th>23</th>
<th>24</th>
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</thead>
</table>
| Walking Tacos  
Refried Beans  
Turkey & Cheese Sub | Crispy Chicken Sand.  
Fries  
Hummus Bento Box | Teriyaki Chicken & Rice  
Apple Glazed carrots  
Turkey & Cheese Sand. | Cheeseburger  
Sweet Potato Fries  
Hummus Bento Box | Cheese & Pepperoni Pizza  
Peas  
Turkey & Cheese Sub | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie  
Milk | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie  
Milk | Milk | Milk | Milk | Milk |

Every Month we will feature a Fresh pick, this month it is Grapes!

<table>
<thead>
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<th>30</th>
<th>31</th>
<th>32</th>
<th>33</th>
<th>34</th>
</tr>
</thead>
</table>
| Pork Nachos  
Pinto Beans  
Pretzel & Cheese | Halloween  
Munsey Dogs  
Pea’s  
Zombie Sauce  
Sweet Trick or Treat | Cheese & Pepperoni Pizza  
Peas  
Turkey & Cheese Sub | Grilled Cheese and Tomato Soup  
Steamed Broccoli | Cheese & Pepperoni Pizza  
Peas  
Pretzel & Cheese  
Sunbutter Sandwich | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie  
Fruit & Veggie | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie | Fruit & Veggie  
Milk | Milk | Milk | Milk | 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.

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</thead>
<tbody>
<tr>
<td>10/2/23 Pancakes Cereal Fruit, Juice &amp; Milk</td>
<td>10/3/23 Apple Strudel Poptart Fruit, Juice &amp; Milk</td>
<td>10/4/23 Biscuit Breakfast Sandwich Cini Mini Roll Fruit, Juice &amp; Milk</td>
<td>10/5/23 Breakfast Burrito Yogurt Parfait Fruit, Juice &amp; Milk</td>
<td>10/6/23 Waffle Sandwich Scone Juice, Fruit &amp; Milk</td>
</tr>
<tr>
<td>10/9/23 French Toast Cereal Fruit, Juice &amp; Milk</td>
<td>10/10/23 Bagel breakfast Sandwich Blueberry Bread Fruit, Juice &amp; Milk</td>
<td>10/11/23 Breakfast Pizza Pop-Tart Fruit, Juice &amp; Milk</td>
<td>10/12/23 Chicken Sausage Fritter Donut Juice, Fruit &amp; Milk</td>
<td>10/13/23 NO SCHOOL</td>
</tr>
<tr>
<td>10/16/23 NO SCHOOL</td>
<td>10/17/23 Breakfast Burrito Pop - Tart Fruit, Juice &amp; Milk</td>
<td>10/18/23 Waffles Cereal Fruit, Juice &amp; Milk</td>
<td>10/19/23 Biscuits and Gravy Yogurt Parfait Juice, Fruit &amp; Milk</td>
<td>10/20/23 Apple Strudel Cereal Fruit, Juice &amp; Milk</td>
</tr>
<tr>
<td>10/23/23 Bagel breakfast Sandwich Banana Bread Fruit, Juice &amp; Milk</td>
<td>10/24/23 Biscuit &amp; Jelly Poptarts Fruit, Juice &amp; Milk</td>
<td>10/25/23 Muffin Top Cereal Fruit, Juice &amp; Milk</td>
<td>10/26/23 Yogurt Parfait Donuts Fruit, Juice &amp; Milk</td>
<td>10/27/23 Breakfast Tacos Uber Bar Fruit, Juice &amp; Milk</td>
</tr>
<tr>
<td>10/30/23 Pancakes Cereal Fruit, Juice &amp; Milk</td>
<td>10/31/23 Bagels &amp; Cr. Cheese Poptarts Fruit, Juice &amp; Milk</td>
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Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

1 ½ Tbsp olive oil
¼ c onion (small dice)
½ c celery (sliced thin)
2 c carrots (1” slices)
1 c plus 2 Tbsp water (divided)
1 ½ c apples (unpeeled/tart/large dice)
1 Tbsp honey
2 Tbsp orange juice
1 Tbsp cornstarch
salt and pepper to taste
2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.