

# OCTOBER 2017


Did You Know?

October Is National Pizza Month. We generally serve pizza once a month. It takes about 120 pizzas to feed everyone, half of which is plain cheese. We also make pepperoni, sausage, grilled vegetable, and gluten free/cheese free.

To cook 160 pizzas, we start about 10:30 and continually keep our ovens filled for two hours; cooking, cutting, serving pizzas.

The grilled vegetable pizzas are pretty easy to make, and could be made at home. Instead of red sauce, we use spinach artichoke dip. Grill asparagus, zucchini, portabella mushrooms and bell peppers. Place vegetables on top of spinach dip, and cover vegetables with shredded cheese. Try using grated smoked gouda cheese.

Bill Barnes  
Director of Food Service

	Mon	Tue	Wed	Thu	Fri
	2	3	4	5	6
	<b>Meatballs</b> Marinara <b>Egg Noodles</b> Mixed Vegetables/Corn <b>Cauliflower Cheese Soup</b>	<b>Chicken Tenders</b> <b>Macaroni &amp; Cheese</b> Carrots/Peas Chicken Curry Soup <b>Ice Cream</b> *Sandwich Bar Is Open	Beef/Fish/Tacos/ <b>Burritos</b> Beans / Rice / Corn Nacho Chips/ <b>Queso Dip</b> Tomato Soup <b>*National Taco Day</b> *Sandwich Bar Is Open	Sloppy Joe on <b>Bun</b> <b>Grilled Cheese</b> Roasted Potatoes <b>Broccoli Casserole</b> /Corn Chicken & Rice Soup <b>Black Forest Cake</b> *Sandwich Bar Is Open	Breakfast For Lunch <b>Scrambled Eggs</b> Bacon, Sausage, Turkey Bacon <b>Biscuits / Gravy</b> <b>Pancakes / Grits</b> <b>Eclairs</b>
	9	10	11	12	13
	<b>Chicken Stir Fry</b> <b>Sweet &amp; Sour Chicken</b> Steamed Rice / Fried Rice Broccoli <b>Egg Drop Soup</b>	<b>Chicken Parmesan</b> <b>Breaded Wings / Hot Wings</b> Peas/Carrots <b>Minestrone</b> <b>Ice Cream &amp; Cake</b> <b>*National Angel Food Cake Day</b> *Sandwich Bar Is Open	Pot Roast Potatoes, Carrots, Onions <b>Grilled Cheese/Ham &amp; Cheese</b> Chicken & Rice Soup *Sandwich Bar Is Open	<h2>Record's Day</h2>	<h2>Fall Break</h2>
	16	17	18	19	20
	<b>Corn Dogs</b> Red Potatoes Brussel's Sprouts / Corn Beef Vegetable Soup	<b>Spaghetti / Ravioli</b> <b>Lasagna</b> Peas/Carrots <b>Italian Wedding Soup</b> <b>Ice Cream</b> <b>*National Pasta Day</b> *Sandwich Bar Is Open	<b>Meatloaf/Gravy</b> <b>Mashed Potatoes</b> Greens/ <b>Corn Pudding</b> <b>Grilled Cheese/Grilled Ham &amp; Cheese</b> <b>Chicken Noodle Soup</b> *Sandwich Bar Is Open	<b>Pizza</b> <b>Breaded Wings / Hot Wings</b> <b>Broccoli Casserole</b> / Corn Cowboy Soup <b>Cobbler / Crisp</b> *Sandwich Bar Is Open	Hamburger on <b>Bun</b> <b>Fish Sandwich</b> Chili <b>Cheese</b> Fries Lima Beans <b>U.S. Senate Bean Soup</b>
	23	24	25	26	27
	<b>Meatballs/Gravy</b> /Marinara <b>Egg Noodles</b> <b>Baked Pasta</b> Ratatouille Brunswick Stew <b>Boston Cream Pie</b> <b>*National Boston Cream Pie Day</b>	Beef/Fish Tacos/ <b>Burritos</b> Rice/Corn Nacho Chips/ <b>Queso Dip</b> <b>Tortilla Soup</b> <b>Ice Cream</b> *Sandwich Bar Is Open	Pork Loin/ <b>Gravy</b> <b>Mashed Potatoes</b> Green Beans/ <b>Stewed Tomatoes</b> <b>Grilled Cheese/Grilled Ham &amp; Cheese</b> Chicken & Rice Soup *Sandwich Bar Is Open	<b>Chicken Pot Pie</b> <b>Chicken Nuggets</b> Roasted Potatoes Broccoli / <b>Cheese Sauce</b> <b>Chocolate Cake</b> <b>*National Cake Day</b> *Sandwich Bar Is Open	Hamburger on <b>Bun</b> <b>Chicken Patty</b> <b>Cheese</b> Fries Asparagus / Corn <b>Loaded Potato Soup</b> <b>*National Potato Day</b>
	30	31			
	<b>Chicken Stir Fry</b> <b>Sweet &amp; Sour Chicken</b> Steamed Rice/Fried Rice Broccoli/Corn <b>Hot &amp; Sour Soup</b>	<b>Chicken Tenders</b> <b>Macaroni &amp; Cheese</b> Peas/Carrots Spanish Bean Soup <b>Ice Cream</b> *Sandwich Bar Is Open	<div style="border: 2px solid blue; padding: 10px; display: inline-block;"> <p>Blue=Gluten              Red=Dairy              Pink=Shellfish              Gold=Eggs</p> </div>		