

## 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.



Seidene is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[www.liftoffsplyground.com](http://www.liftoffsplyground.com)

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
We offer cereal or oatmeal daily with string cheese, graham crackers or sunflower seeds	10-1 Breakfast Sausage Pizza Benefit Bar	10-2 Yogurt & Graham Crackers Zucchini, banana, or Chocolate Bread	10-3 Breakfast Sausage Pizza Cinnamon Bun	10-4 French Toast Sticks & Sausage Patty Ultimate Breakfast Round
10-7 Egg & Cheese Rolled Taco Mini-Cinni Rolls	10-8 Breakfast Sausage Pizza Benefit Bar	10-9 Pancakes Zucchini, Banana, or Chocolate Bread	10-10 Breakfast Sausage Pizza Cinnamon Bun	10-11 Waffle Sticks & Sausage Patty Ultimate Breakfast Round
10-14 French Toast Mini-Cinni Rolls	10-15 Breakfast Sausage Pizza Benefit Bar	10-16 Yogurt & Graham Crackers Zucchini, Banana or Chocolate Bread	10-17 Breakfast Sausage Pizza Cinnamon Bun	10-18 French Toast Sticks & Sausage Patty Ultimate Breakfast Round
10-21 Egg & Cheese Rolled Taco Mini-Cinni Roll	10-22 Breakfast Sausage Pizza Benefit Bar	10-23 Pancakes Banana, Zucchini or Chocolate Bread	10-24 Breakfast Sausage Pizza Cinnamon Bun	10-25 Waffle Sticks & Sausage Patty Ultimate Breakfast Round
10-28 French Toast Mini-Cinni Roll	10-29 Breakfast Sausage Pizza Benefit Bar	10-30 Yogurt & Graham Crackers Zucchini, Banana or Chocolate Bread	10-31 Breakfast Sausage Pizza Cinnamon Bun	We offer fruit & vegetables, juice and a variety of milk with your breakfast

## Fresh Pick Recipe

### OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

**NUTRITION FACTS:**  
395 calories, 10g fat,  
197mg sodium, 3g fiber



.....Monday.....Tuesday.....Wednesday.....Thursday.....Friday.....  
 ...Fresh Fruit.....Fresh Fruit.....Fresh Fruit.....Fresh Fruit.....Fresh Fruit...  
 ...Raisins.....Raisins.....Raisins.....Raisins.....Raisins.....  
 ...Mixed Fruit.....Applesauce.....Diced Peaches.....Mixed Fruit.....Diced Pears...  
 ..Garden Salad.....Caesar Salad.....Garden Salad.....Caesar Salad.....Garden Salad...  
 ..Baby Carrots.....Baby Carrots.....Jicama Sticks.....Cucumber Slices.....Baby Carrots...  
 ..Green Beans.....Pinto Beans.....Cherry Tomatoes.....Kidney Beans.....Cherry Tomatoes...  
 ..Celery Sticks.....Green Peas.....Garbanzo Beans.....Corn.....Broccoli.....

Nutrition Information is available upon request.