

PICK 2

You can always pick 2 for
Breakfast in the Cafe

Choose breakfast Entrée or pick 2* of the
following: cereal, string cheese, toast or yogurt.

Breakfast Prices: FREE

Lunch Prices: Paid \$3.90 | Reduced \$0.40

SBJ offered at lunch daily

Vegetarian entrées are written in green

All salads can be made vegetarian

Contact Information:
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Rosenthal-
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OCTOBER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Lunches <u>Must</u> Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat or Skim Milk			1 Turkey Barbacoa Tacos Chicken Nugget and Breadstick Corn Fresh Fruit and Veg bar	2 Cheese Pizza Pepperoni Pizza Garden Salad Fresh Fruit and Veg bar
3. Salad of the week: Egg Caesar Salad w/ Breadstick4. Fun Lunch: Sun Butter, Apples, Celery, & Flatbread Pack				
5 Pizza Sticks Chicken Patty Sandwich Broccoli Fresh Fruit and Veg bar	6 Popcorn Chicken Bowl Hamburger/Cheeseburger Corn Fresh Fruit and Veg bar Featuring local tomatoes and apples	7 Pancakes with Eggs Balsamic Parm Chicken bites Local roasted potatoes Fresh Fruit and Veg bar	8 Beef or Bean Nachos Chicken Nuggets w. roll Fiesta Beans Fresh Fruit and Veg bar Featuring local apples & cucumbers	9 Cheese Pizza Pepperoni Pizza Garden Salad Fresh Fruit and Veg bar
3. Sandwich of the week: Turkey & Cheese Sub4. Fun Lunch: Make your own Flatbread Pizza Lunch Kit				
12 No School 	13 Baked Macaroni and cheese Hamburger/Cheeseburger Broccoli Fresh Fruit and Veg bar	14 Pancakes with Turkey sausage Grilled Cheese sandwich Tator Tots Fresh fruit and Veg bar	15 Soft Chicken tacos Chicken Nuggets w. roll Fiesta Beans Fresh Fruit and Veg bar	16 Cheese Pizza Pepperoni Pizza Garden Salad Fresh Fruit and Veg bar
3. Salad of the week: Italian Salad w/ Breadstick4. Fun Lunch: Pretzel, Yogurt, & Cheese Lunch Kit				
19 Orange Popcorn Chicken w. Rice Chicken Patty Sandwich Broccoli Fresh Fruit and Veg bar	20 Lasagna with Breadstick Hamburger/Cheeseburger Salad Fresh Fruit and Veg bar	21 Waffles with Turkey sausage Grilled Cheese sandwich French Fries Fresh fruit and Veg bar	22 Chicken or Bean nachos Chicken Nuggets w. roll Fiesta Beans Fresh Fruit and Veg bar	23 Cheese Pizza Pepperoni Pizza Caesar Salad Fresh Fruit and Veg bar
3. Sandwich of the week: Ham & Cheese Sandwich4. Fun Lunch: Make your own Flatbread Pizza Lunch Kit				
26 Mozzarella Sitcks Chicken Patty Sandwich Broccoli Fresh Fruit and Veg bar >	27 Pasta with meatballs Hamburger/Cheeseburger Corn Fresh Fruit and Veg bar	28 French Toast Sticks with Cheese Omelet Veggie Burger Tator Tots Fresh fruit and Veg bar	29 Tator Top Nachos Chicken Nuggets w. roll Black beans Fresh Fruit and Veg bar	30 Cheese Pizza Pepperoni Pizza Caesar Salad Fresh Fruit and Veg bar <
3. Salad of the week: Garden Salad w/ Cheese & Breadstick4. Fun Lunch: Pretzel, Yogurt, & Cheese Dipping Sauce Lunch Kit				
aily cereal option.				

PASTA SAUCE, PLEASE!

DIVE INTO HEARTY WHOLE WHEAT PASTA

Whole wheat pasta provides fiber, protein, and essential minerals like magnesium, iron, and zinc. It's good for your heart, helps with digestion, aids in weight management, and helps regulate blood sugar levels. Best of all, whole wheat pasta tastes great!

HEALTHY WHOLE WHEAT CARBONARA

INGREDIENTS:

- 8 ounces whole-wheat spaghetti
- 1 tablespoon olive oil
- 4 slices turkey bacon
- 5 cloves garlic
- 1 cup green peas, frozen
- 4 large eggs
- ½ cup Parmesan cheese, grated
- 2 tablespoons water

*DO NOT chop or cook without adult supervision.

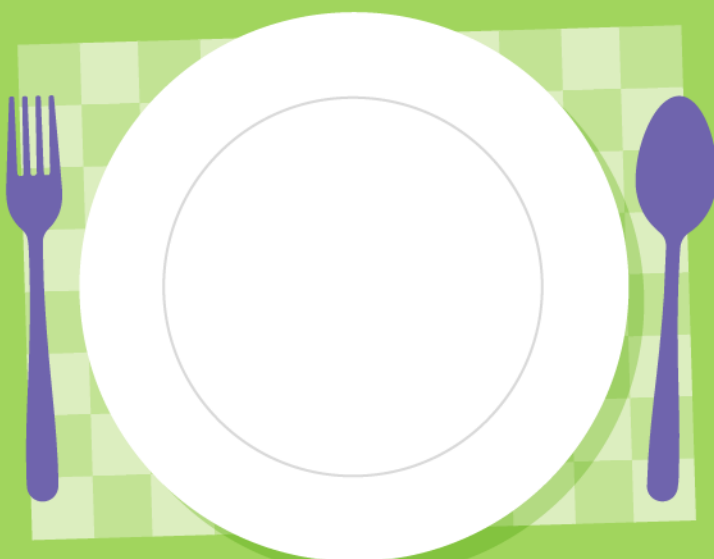
INSTRUCTIONS:

1. Boil noodles according to package directions (set aside 2 tablespoons of pasta water)
2. Slice bacon into strips and saute in a skillet over medium-high heat. Add minced garlic and peas and cook for a few minutes.
3. Whisk eggs, parmesan, and 2 tablespoons of pasta water in a small bowl. Add noodles and egg-parmesan mixture to the skillet and toss to coat.
4. Cook for 5 minutes. Serve with extra parmesan on top and salt and pepper to taste.

NOODLE TIME!

DRAW YOUR DREAM PASTA MEAL BELOW!

Hungry? Draw your favorite whole grain pasta meal in the space below. Don't forget to include sides!



aramark
STUDENT
NUTRITION



PASTA? OR PRETENDER?

WILL THE REAL PASTA PLEASE STAND UP

CONCEPT: Identifying healthy pasta choices in many forms

HOW TO PLAY:

- Show a food picture or say a food name.
- Kids shout "PASTA!" or "PRETENDER!"

EXAMPLES:

- Whole-grain spaghetti → PASTA!
- Jelly donut → PRETENDER!
- Chickpea pasta → PASTA!
- Sourdough bread → PRETENDER!

DISCUSSION:

- Explain what whole grain pasta can do for your body

PASTA RIDDLES FOR KIDS

1. I'm healthier than refined pasta. *What am I?*
Answer: Whole Grain Pasta
2. I'm shaped like something you wear around your neck. *What am I?*
Answer: Bow Tie Pasta
3. I'm made from a bean and provide protein. *What am I?*
Answer: Chickpea Pasta

Q: What do you call fake spaghetti?

A: An IMPASTA!

Q: Why was the lasagna undercooked?

A: The chef ran out of thyme!

Q: Where does pasta go to dance?

A: The meat ball!

Q: What is the least expensive pasta?

A: Penne!

FRESH
FUNNIES

