

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL

NO SCHOOL

1

Baked Penne Pasta (V)
 ~~~~~  
 Potato Wedges, Super Salad,  
 Applesauce

**2**

Parmesan Chicken  
 ~~~~~  
 Baked Beans, Fresh Broccoli, Mixed
 Fruit

3

NO SCHOOL

Try our new plant based protein options!

6

NO SCHOOL

7

Chicken Alfredo Mac
 ~~~~~  
 Mixed Vegetables, Fresh Broccoli,  
 Orange Smiles

**8**

Hot Dog  
 ~~~~~  
 Baked Beans, Super Salad,
 Applesauce

9

Crispy Chicken Sandwich
 ~~~~~  
 Baby carrots, Garden Salad, Mixed  
 Fruit

**10**

Chicken 'n' Waffles  
 ~~~~~  
 Sweet Potato Fries, Cinnamon
 Swirled Apples & Fresh Bananas

Local ingredients used when seasonally available

13

Breakfast 4 Lunch: Pancakes
 & Sausage
 ~~~~~  
 Baked Cinnamon Apples, Baby  
 Carrots, Diced Peaches

**14**

Turkey & Cheese Sandwich  
 ~~~~~  
 Roasted Broccoli & Carrots, Celery
 Sticks, Orange Smiles

15

Frito Chili Pie
 ~~~~~  
 Mexican Black Beans, Super Salad,  
 Applesauce

**16**

Baked Penne Pasta (V)  
 ~~~~~  
 Green Beans, Garden Salad, Orange
 Smiles

17

Homestyle Cheese Pizza (V)
 ~~~~~  
 Mixed Vegetables, Super Salad, &  
 Fresh Bananas

Variety of fat free and low fat milk are offered daily

**20**

Ham & Cheese Sandwich  
 ~~~~~  
 Baby Carrots, Caesar Salad, Fresh
 Apples

21

Glazed Chicken Drumstick
 ~~~~~  
 Baked Beans, Garden Salad, Diced  
 Pears

**22**

Pepperoni Pizza  
 ~~~~~  
 Roasted Broccoli & Carrots, Super
 Salad, Fresh Bananas

23

NO SCHOOL

24

NO SCHOOL

(V) Denotes a vegetarian friendly item

27

Italian Meatball Sub
 ~~~~~  
 Mixed Vegetables, Caesar Salad,  
 Fresh Apples

**28**

Giant Beef Taco  
 ~~~~~  
 Tater Tots, Garden Salad, Diced
 Pears

29

Sweet & Sour Chick'n Bowl (V)
 ~~~~~  
 Roasted Broccoli & Carrots, Celery  
 Sticks, Applesauce

**30**

Cheeseburger  
 ~~~~~  
 Aztec Corn, Garden Salad, Mixed
 Fruit

NO SCHOOL

Menu subject to change based on product availability

This institution is an equal opportunity provider.

The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.¹ Called "The Big 8," these foods include: milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat and soy. Although these are the most commonly allergenic foods, more than 160 different foods have been indicated in food allergy reactions.¹ Any food can cause anaphylaxis, a potentially life-threatening reaction to food allergens. Avoidance of the offending food is recommended to prevent potentially life-threatening reactions by those with food allergies. For this reason, it is important to communicate food allergy concerns with your school team. Please reach out to both your school nurse and

school foodservice director to coordinate a meeting to discuss any special dietary needs required for school meals. For more information on food allergies, consider reviewing the resources below:

1. U.S. Food & Drug Administration Website.

Food Allergies: What you need to know. Available at <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/ucm079311.htm>.

2. Food Allergy Research & Education.

Information available at <https://www.foodallergy.org/>.



Sodexo 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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		September 1 French Toast Sticks Apple Slices	September 2 Honey Glazed Chicken Biscuit Banana	September 3 No School
September 6 No School	September 7 cereal Diced Pears	September 8 Oatmeal Round Bananas	September 9 Breakfast Taco Roll Orange Smiles	September 10 Cinnamon Roll Applesauce
September 13 cereal Diced Pears	September 14 Breakfast Pizza Mixed Fruit	September 15 Banana Muffin Baked Cinnamon Apples	September 16 Egg & Cheese Biscuit Fresh Banana	September 17 Oatmeal Round Raisins
September 20 cereal Mixed Fruit	September 21 Bacon Scramble Breakfast Pizza Baked Cinnamon Apples	September 22 French Toast Sticks Fresh Banana	September 23 No School	September 24 No School
September 27 Pop Tart Raisins	September 28 Pancakes Mixed Fruit	September 29 Biscuit & Sausage Gravy Fresh Banana	September 30 Pop Tart Diced Pears	

Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.



What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.



100% post-consumer



Nutrition Information is available upon request.