

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

1

Crispy Chicken Sandwich
~~~~~  
Potato Wedges  
Applesauce

2

All American Sandwich  
~~~~~  
Baked Beans
Mixed Fruit

3

NO SCHOOL

Let's make this school year great!

6

NO SCHOOL

7

Chicken Alfredo Mac
~~~~~  
Mixed Vegetables  
Diced Pears

8

Chick'n Nuggets (V)  
~~~~~  
Baked Beans
Applesauce

9

Teriyaki Chicken Rice Bowl
~~~~~  
Roasted Broccoli & Carrots  
Mixed Fruit

10

Goopy Grilled Cheese Sandwich  
~~~~~  
Sweet Potato Fries
Cinnamon Swirled Apples

Local ingredients used when seasonally available

13

Breakfast 4 Lunch: Pancakes & Sausage
~~~~~  
Tater Tots  
Diced Peaches

14

Cheesy Quesadilla (V)  
~~~~~  
Roasted Broccoli & Carrots
Diced Pears

15

BBQ Chicken Sandwich
~~~~~  
Mexican Black Beans  
Applesauce

16

Chicken Nuggets  
~~~~~  
Green Beans
Mixed Fruit

17

Homestyle Cheese Pizza (V)
~~~~~  
Mixed Vegetables  
Cinnamon Swirled Apples

Variety of fat free and low fat milk are offered daily

20

Chicken Nuggets  
~~~~~  
Mixed Vegetables
Diced Peaches

21

Italian Dunkers (V)
~~~~~  
Baked Beans  
Diced Pears

22

Pepperoni Pizza  
~~~~~  
Roasted Broccoli & Carrots
Applesauce

23

NO SCHOOL

24

NO SCHOOL

(V) Denotes a vegetarian friendly item

27

Homestyle Cheese Pizza (V)
~~~~~  
Mixed Vegetables  
Diced Peaches

28

French Toast Sticks & Sausage  
~~~~~  
Tater Tots
Diced Pears

29

Rib-b-que Sandwich
~~~~~  
Roasted Broccoli & Carrots  
Applesauce

30

Italian Dunkers (V)  
~~~~~  
Aztec Corn
Mixed Fruit

31

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.liftoffplayground.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 pancakes Diced Peaches	September 8 Cinnamon Toast Crunch Cereal Mixed Fruit	September 9 Breakfast Taco Roll Orange Smiles	September 10 Cinnamon Toast Crunch Cereal Applesauce
September 13 Cinnamon Toast Crunch Cereal Diced Pears	September 14 Yogurt Mixed Fruit	September 15 Banana Muffin Orange Smiles	September 16 Egg & Cheese Biscuit Fresh Bananas	September 17 Cinnamon Toast Crunch Cereal Diced Peaches
September 20 Cinnamon Toast Crunch Cereal Juice	September 21 Bacon Scramble Breakfast Pizza Orange Smiles	September 22 Cinnamon Chex Cereal Fresh Banana	September 23 No School	September 24 No School
September 27 Cinnamon Toast Crunch Cereal Juice	September 28 Pancakes Mixed Fruit	September 29 Cinnamon Chex Cereal Fresh Banana	September 30 Yogurt 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.



10% post-consumer



Nutrition Information is available upon request.

