

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

1

Baked Penne Pasta (V)

Green Peas

Applesauce

2

Mini Corndogs

Baked Beans

Mixed Fruit

3

Cheese Pizza (V)

Roasted Broccoli & Carrots

Apple Slices

Let's make this school year great!

6

NO SCHOOL
LABOR DAY

7

Spaghetti with Meat Sauce

Mixed Vegetables

Diced Pears

8

Hot Dog

Baked Beans

Applesauce

9

Crispy Chicken Sandwich

Roasted Broccoli & Carrots

Mixed Fruit

10

Cheese Pizza

Celery Sticks

Apple Slices

Local ingredients used when seasonally available

13

Breakfast 4 Lunch: Pancakes & Sausage

Baked Cinnamon Apples

Diced Peaches

14

Lasagna Rollup (V)

Roasted Broccoli & Carrots

Diced Pears

15

Bean & Cheese Nachos

Mexican Black Beans

Banana

16

Chicken Nuggets

Green Beans

Mixed Fruit

17

Cheese Pizza (V)

Mixed Vegetables

Apple Slices

Variety of fat free and low fat milk are offered daily

20

NO SCHOOL

21

Italian Dunkers (V)

Baked Beans

Diced Pears

22

Pepperoni Pizza

Roasted Broccoli & Carrots

Banana

23

Crispy Chicken Sandwich

Tater Tot Hash

Mixed Fruit

24

Frito Chili Pie

Green Beans

Apple Slices

(V) Denotes a vegetarian friendly item

27

Cheese Pizza (V)

Mixed Vegetables

Diced Peaches

28

French Toast Sticks & Sausage

Tater Tots

Diced Pears

29

Hot Dog

Roasted Broccoli & Carrots

Applesauce

30

Cheeseburger

Aztec Corn

Mixed Fruit

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.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		September 1 Assorted Cereal Juice Milk	September 2 Assorted Cereal Juice Milk	September 3 Assorted Cereal Juice Milk
September 6 NO SCHOOL LABOR DAY	September 7 Assorted Cereal Juice Milk	September 8 Assorted Cereal Juice Milk	September 9 Assorted Cereal Juice Milk	September 10 Assorted Cereal Juice Milk
September 13 Assorted Cereal Juice Milk	September 14 Assorted Cereal Juice Milk	September 15 Assorted Cereal Juice Milk	September 16 Assorted Cereal Juice Milk	September 17 Assorted Cereal Juice Milk
September 20 NO SCHOOL	September 21 Assorted Cereal Juice Milk	September 22 Assorted Cereal Juice Milk	September 23 Assorted Cereal Juice Milk	September 24 Assorted Cereal Juice Milk
September 27 Assorted Cereal Juice Milk	September 28 Assorted Cereal Juice Milk	September 29 Assorted Cereal Juice Milk	September 30 Assorted Cereal Juice Milk	

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.



Nutrition Information is available upon request.

