

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**  
Crispy Chicken Sandwich  
Ham & Cheese Sandwich  
~~~~~  
Tater Tots & Diced Peaches

**2**  
Chicken Quesadilla  
Cheese & Turkey Sandwich  
~~~~~  
Roasted Broccoli & Carrots & Diced Pears

Fresh Pick of the Month: Beans!

**5**  
No School  
~~~~~  
Labor Day!

**6**  
Bean & Cheese Nachos  
Sunbutter & Jelly Sandwich  
~~~~~  
Celery Sticks & Applesauce

**7**  
Chicken Nuggets  
All-American Sandwich  
~~~~~  
Emoji Potatoes & Green Beans

**8**  
Homestyle Cheese Pizza  
Turkey & Cheese Sandwich  
~~~~~  
Mixed Vegetables & Fresh Fruit

**9**  
Cheese Ravioli (V)  
Ham & Cheese Sandwich  
~~~~~  
Baby Carrots & Diced Peaches

Local ingredients used when seasonally available

**12**  
Cheeseburger  
Ham & Cheese Sandwich  
~~~~~  
Baked Beans & Orange Smiles

**13**  
Pepperoni Pizza  
Sunbutter & Jelly Sandwich  
~~~~~  
Roasted Broccoli & Carrots & Applesauce

**14**  
Crispy Chicken Sandwich  
Kidzable: American Combo  
~~~~~  
Fresh Broccoli & Orange Smiles

**15**  
Hot Dog  
Turkey & Cheese Sandwich  
~~~~~  
Green Beans & Cinnamon Swirled Apples

**16**  
Homestyle Cheese Pizza (V)  
Ham & Cheese Sandwich  
~~~~~  
Mixed Vegetables & Diced Peaches

Variety of fat-free & low-fat milk offered daily

**19**  
No School  
~~~~~

**20**  
Baked Lasagna  
Turkey & Cheese Sandwich  
~~~~~  
Green Beans & Orange Smiles

**21**  
Cheeseburger  
Ham & Cheese Sandwich  
~~~~~  
Celery Sticks & Blueberries

**22**  
Oklahoma Twister Dog  
Sunbutter & Jelly Sandwich (V)  
~~~~~  
Cooked Peas & Diced Pears

**23**  
Cheese Nachos (V)  
All American Sandwich  
~~~~~  
Charro Beans & Strawberries

(V) denotes vegetarian friendly item

**26**  
Crispy Chicken Sandwich  
Ham & Cheese Sandwich  
~~~~~  
Green Beans & Diced Peaches

**27**  
Homestyle Pizza  
Pinwheel Party Box  
~~~~~  
Roasted Broccoli & Pineapple

**28**  
Chicken Nuggets  
Turkey & Cheese Sandwich  
~~~~~  
Smiley Potatoes & Blueberries

**29**  
Cheese Enchiladas (V)  
Pizza Bento Box  
~~~~~  
Mexican Corn & Diced Pears

**30**  
Steak Fingers  
Sunbutter & Jelly Sandwich  
~~~~~  
Mashed Potatoes & Orange Smiles

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.<sup>1</sup> 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.<sup>1</sup> 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](http://www.liftoffsplyground.com)

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>September 1</b> Cereal or Muffin Milk Juice	<b>September 2</b> Cereal or Nutri-Grain Bar Milk Juice
<b>September 5</b> No School Labor Day!	<b>September 6</b> Cereal or Muffin Milk Juice	<b>September 7</b> Cereal or Poptart Milk Juice	<b>September 8</b> Cereal or Breakfast Bar Milk Juice	<b>September 9</b> Cereal or Muffin Milk Juice
<b>September 12</b> Cereal or Muffin Milk Juice	<b>September 13</b> Cereal or Nutri-Grain Bar Milk Juice	<b>September 14</b> Cereal or Breakfast Bar Milk Juice	<b>September 15</b> Cereal or Muffin Milk Juice	<b>September 16</b> Cereal or Strawberry Poptart Milk Juice
<b>September 19</b> No School	<b>September 20</b> Cereal or Nutri-Grain Bar Milk Juice	<b>September 21</b> Cereal Poptart Milk Juice	<b>September 22</b> Cereal or Muffin Milk Juice	<b>September 23</b> Cereal or Nutri-Grain Bar Milk Juice
<b>September 26</b> Cereal or Muffin Milk Juice	<b>September 27</b> Cereal Nutri-Grain Bar Milk Juice	<b>September 28</b> Cereal or Poptart Milk Juice	<b>September 29</b> Cereal or Muffin Milk Juice	<b>September 30</b> Cereal or Nutri-Grain Bar Milk Juice

## Fresh Pick Recipe

TUSCAN WHITE BEAN SALAD  
(SERVES 30 - 1.5 OZ)

- 2 lbs cannellini beans
- 1/4 cup sweet green peppers, diced
- 1/4 cup sweet red peppers, diced
- 1/4 cup fresh red onion
- 1/2 cup black olives, sliced
- 1 tablespoon raw garlic
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh rosemary
- 1/4 cup and 2 tablespoons lemon juice
- 3 tablespoons cider vinegar
- 3 tablespoons canola oil
- 3/4 teaspoon ground black pepper

1. Combine all ingredients in a large bowl.
2. Keep refrigerated until ready to serve.

**NUTRITION FACTS:**  
74 calories, 2g fat,  
81mg sodium, 4g fiber