

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Turkey & Cheese Sandwich Mixed Vegetables Mandarin Oranges	2 Cheese Pizza (V) Carrot Coins Applesauce
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Fresh Pick of the Month: Beans!

5 No School! Happy Labor Day!	6 Cheese Pizza (V) Peas and Carrots Diced Pears	7 Spaghetti & Meatballs Roasted Squash & Zucchini Bananas	8 Crispy Chicken Sandwich Baked Beans Applesauce	9 Chicken Nuggets Green Beans & Mashed Potatoes Mandarin Oranges
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Local ingredients used when seasonally available

12 Sunbutter & Jelly Sandwich (V) Carrot Coins Applesauce	13 Cheesy Chicken Spaghetti Roasted Broccoli Mandarin Oranges	14 Brunch 4 Lunch Sweet Potato Fries Cinnamon Swirled Apples	15 popcorn chicken bowl Corn & Mashed Potatoes & Gravy Diced Pears	16 Homestyle Cheese Pizza (V) Carrot Coins diced Peaches
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Variety of fat-free and non-fat milk offered daily

19 Italian Dunkers (V) Green Beans Diced Peaches	20 Classic Lasagna Roasted Squash & Zucchini Diced Pears	21 Tater Tot Casserole California Blend Vegetables Mandarin Oranges	22 Sunbutter & Jelly Sandwich (V) Cooked Peas Applesauce	23 Yogurt Parfait & Graham Crackers (V) Carrot Coins Bananas
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(V) denotes vegetarian friendly item

26 Baked Penne (V) Green Beans Applesauce	27 Homestyle Pizza Roasted Broccoli Mandarin Oranges	28 Chicken Nuggets Peas & Carrots & Smiley Potatoes Blueberries	29 Pizza Bento Box Steamed Corn Diced Pears	30 Steak Fingers Mixed Vegetables & Mashed Potatoes Applesauce
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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 Chocolate Muffin Cheerios Cereal Apples Slices & Diced Peaches	September 2 Mini Blueberry Waffles Cinnamon Chex Cereal Orange Smiles & Blueberries
September 5 No School! Happy Labor Day!	September 6 Sausage Biscuit Cheerios Cereal Applesauce & Bananas	September 7 Breakfast Pizza Cinnamon Chex Cereal Oranges & Strawberries	September 8 Breakfast Burrito Cheerios Cereal Apple Slices & Diced Peaches	September 9 Yogurt Parfait Cinnamon Chex Cereal Oranges Smiles & Blueberries
September 12 Pancakes Cinnamon Toast Crunch Cereal Apple Slices & Diced Pears	September 13 Biscuit & Gravy Cheerios Cereal Applesauce & Bananas	September 14 Pancake Sausage Bites Cinnamon Toast Crunch Cereal Orange Slices & Strawberries	September 15 American Breakfast Sandwich Cheerios Cereal Apples Slices & Diced Peaches	September 16 Strawberry Parfait Cinnamon Toast Crunch Cereal Blueberries & Orange Smiles
September 19 Mini Blueberry Waffles Cinnamon Chex Cereal Apple Slices & Diced Pears	September 20 Breakfast Sandwich Cheerios Cereal Applesauce & Bananas	September 21 Sausage Breakfast Pizza Cinnamon Chex Cereal Orange Smiles & Strawberries	September 22 Mini Bagels W/ Strawberry Cream Cheese Cheerios Cereal Apple Slices & Diced Peaches	September 23 Sausage Biscuit Cinnamon Chex Cereal Blueberries & Orange Smiles
September 26 French Toast Sticks Cinnamon Toast Crunch Cereal Apple Slices & Diced Pears	September 27 Biscuit & Gravy Cheerios Cereal Applesauce & Bananas	September 28 Pancake on a Stick Cinnamon Toast Crunch Cereal Orange Smiles & Strawberries	September 29 Banana Muffin Cheerios Cereal Apple Slices & Diced Peaches	September 30 Confetti Pancakes Cinnamon Toast Crunch Cereal Blueberries & Orange Smiles

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