

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Mini Corn Dogs Chicken Enchilada Suiza Crispy Chick'n Salad (V) Turkey & Cheese Sandwich Mixed Vegetables, Fresh Broccoli, & Side Garden Salad Applesauce & Diced Pears	2 Chicken Parmesan Pepperoni Pizza Protein Power Pack (V) Chicken Caesar Salad Cooked Peas, Baby Carrots, Side Caesar Salad Orange Smiles & Strawberries
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Fresh Pick of the Month: Beans!

5 No School! Happy Labor Day!	6 Cheese Pizza Garden Burger (V) All-American Sandwich Chef Salad Peas and Carrots, Tomato Cucumber Salad, & Side Caesar Salad Orange Smiles & Pineapple	7 Grilled Cheese Sandwich (V) Spaghetti & Meatballs Blueberry Patch Parfait Turkey & Cheese Sandwich Roasted Broccoli, Celery Sticks, & Side Super Salad Bananas & Blueberries	8 Crispy Chicken Sandwich Frito Chili Pie Chef Salad Pizza Bento Box (V) Charro Beans, Fresh Broccoli, & Side Garden Salad Applesauce & Diced Pears	9 Homestyle Cheese Pizza (V) Hamburger Pinwheel Party Box Chef Salad Mixed Vegetables, Baby Carrots, & Side Caesar Salad Orange Smiles & Strawberries
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Variety of fat-free and low fat milk offered daily

12 Mexi-Chicken Flatbread Walking Nachos Crispy Chicken Wrap Sunbutter & Jelly Sandwich Refried Beans, Baby Carrots, & Side Garden Salad Apple Slices & Diced Peaches	13 Cheesy Chicken Spaghetti Cheese Ravioli (V) Pepperoni Bento Box Chicken Caesar Salad Roasted Broccoli, Tomato Cucumber Salad, & Side Caesar Salad Orange Smiles & Pineapple	14 Brunch 4 Lunch Chicken Quesadilla All-American Sandwich Strawberry Field Parfait (V) Celery Sticks & Super Side Salad Baked Apples, Bananas, & Blueberries	15 Popcorn Chicken Bowl Bean Burrito Chicken Caesar Salad Protein Power Pack (V) Corn, Fresh Broccoli, & Side Garden Salad Applesauce & Diced Pears	16 Corn Dog Chicken Nuggets Ham & Cheese Sandwich Sandwich Bento Box Cooked Carrots, Baby Carrots, & Side Caesar Salad Orange Smiles & Strawberries
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Local ingredients used when seasonally available

19 Breaded Drumstick Italian Cheese Dippers (V) Buffalo Chicken Wrap Ham & Cheese Sandwich Green Beans, Baby Carrots, & Side Garden Salad Apple Slices & Diced Peaches	20 Chicken & Waffles Baked Lasagna Chef Salad Protein Power Pack (V) Roasted Squash & Zucchini, Tomato Cucumber Salad, & Side Caesar Salad Orange Smiles & Pineapple	21 Tater Tot Casserole Cheeseburger Chicken Caesar Salad Pizza Bento Box (V) California Blend Vegetables, Celery Sticks, & Super Side Salad Bananas & Blueberries	22 Oklahoma Twister Dog Orange Chicken & Rice Bowl Chef Salad Sunbutter & Jelly Sandwich (V) Cooked Peas, Fresh Broccoli, & Side Garden Salad Applesauce & Diced Pears	23 Cheese Nachos (V) Fish Tacos Crispy Chicken Wrap Blueberry Patch Parfait Charro Beans, Baby Carrots, & Side Caesar Salad Orange Smiles & Strawberries
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(V) denotes a vegetarian-friendly item

26 Crispy Chicken Sandwich Baked Penne Pasta (V) Crispy Chicken Wrap Chicken Caesar Salad Green Beans, Baby Carrots, & Side Garden Salad Apple Slices & Diced Peaches	27 Homestyle Pepperoni Pizza Garden Burger (V) Chef Salad Pinwheel Party Box Roasted Broccoli, Tomato Cucumber Salad, & Side Caesar Salad Orange Smiles & Pineapple	28 Chicken Nuggets BBQ Rib Sandwich Strawberry Banana Parfait (V) Turkey & Cheese Sandwich Smiley Potatoes, Celery Sticks, & Side Super Salad Bananas & Blueberries	29 Beef Totchos Cheese Enchiladas (V) Crispy Chicken Wrap Pepperoni Bento Box Mexican Corn, Fresh Broccoli, & Side Garden Salad Applesauce & Diced Pears	30 Signature Steak Fingers BBQ Glazed Drumstick Chef Salad Sunbutter & Jelly Sandwich Mashed Potatoes, Baked Beans, Baby Carrots, & Side Caesar Salad Orange Smiles & Strawberries
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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 Whole Wheat Bagel W/ Cream Cheese Chocolate Muffin Vanilla Yogurt Apple Slices & Diced Peaches	September 2 Frudel Bar Nutri-Grain Bar Strawberry Yogurt Orange Smiles & Blueberries
September 5 No School! Happy Labor Day!	September 6 Sausage Biscuit Nutri-Grain Bar Vanilla Yogurt Bananas & Applesauce	September 7 Breakfast Pizza Poptart Strawberry Yogurt Orange Smiles & Strawberries	September 8 Tater Tot Burrito Banana Muffin Vanilla Yogurt Apple Slices & Diced Peaches	September 9 Cinnamon Toast Breakfast Bar Nutrigrain Bar Strawberry Yogurt Orange Smiles & Blueberries
September 12 Pancakes Blueberry Muffin Strawberry Yogurt Apple Slices & Diced Pears	September 13 Biscuits & Gravy Nutri-Grain Bar Vanilla Yogurt Bananas & Applesauce	September 14 Pancake Sausage Bites Poptart Strawberry Yogurt Orange Smiles & Strawberries	September 15 American Breakfast Sandwich Chocolate Muffin Vanilla Yogurt Apple Slices & Diced Peaches	September 16 Ultimate Breakfast Round Nutri-Grain Bar Strawberry Yogurt Orange Smiles & Blueberries
September 19 Blueberry Waffles Banana Muffin Strawberry Yogurt Apple Slices & Diced Pears	September 20 Egg & Cheese Biscuit Nutri-Grain Bar Vanilla Yogurt Bananas & Applesauce	September 21 Breakfast Pizza Poptart Strawberry Yogurt Orange Smiles & Strawberries	September 22 Mini Bagels W/ Cream Cheese Blueberry Muffin Vanilla Yogurt Apple Slices & Diced Peaches	September 23 Sausage Biscuit Nutri-Grain Bar Strawberry Yogurt Orange Smiles & Blueberries
September 26 French Toast Sticks Chocolate Muffin Strawberry Yogurt Apple Slices & Diced Pears	September 27 Biscuits & Gravy Nutri-Grain Bar Vanilla Yogurt Bananas & Applesauce	September 28 Breakfast on a Stick Poptart Strawberry Yogurt Orange Smiles & Strawberries	September 29 Cinnamon Roll Banana Muffin Vanilla Yogurt Apple Slices & Diced Peaches	September 30 Confetti Pancakes Nutri-Grain Bar Strawberry Yogurt Orange Smiles & Blueberries

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