

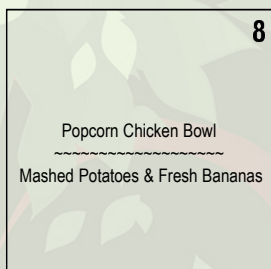
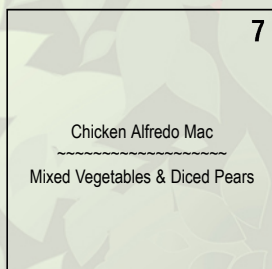
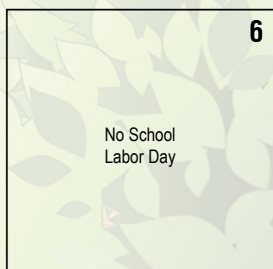
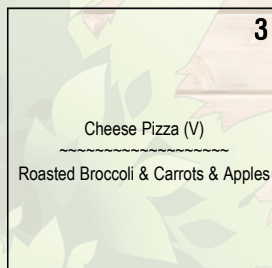
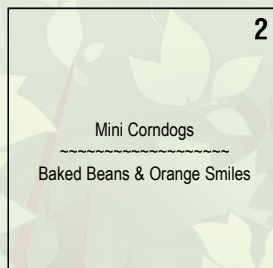
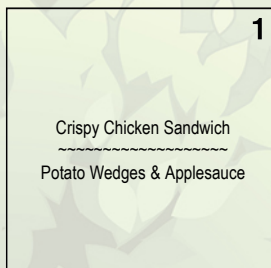
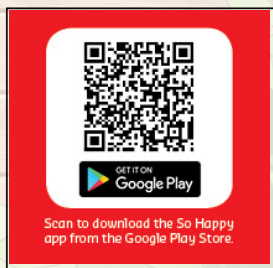
### MONDAY

### TUESDAY

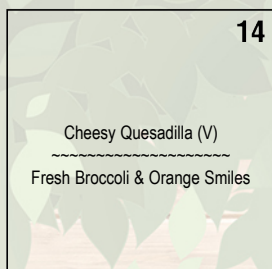
### WEDNESDAY

### THURSDAY

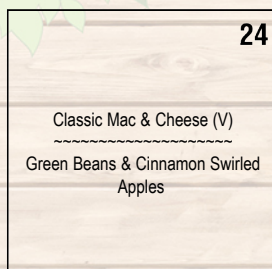
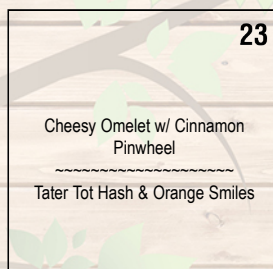
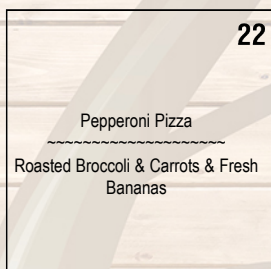
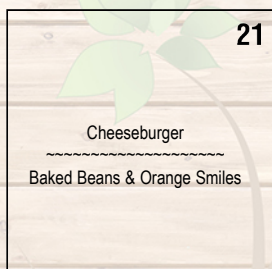
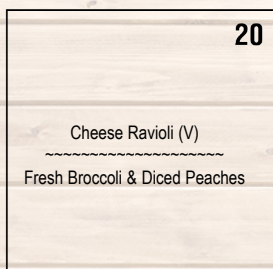
### FRIDAY



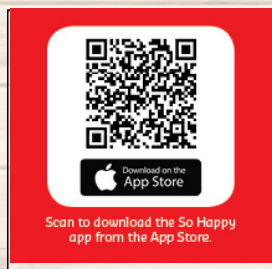
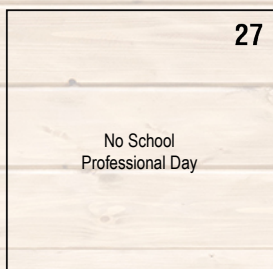
Local ingredients used when seasonally available



Variety of fat free and low fat milk are offered daily



(V) Denotes a vegetarian friendly item



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.liftoffplayground.com](http://www.liftoffplayground.com)

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		September 1 Cini Mini Bagel Orange Slices	September 2 Yogurt Parfait Grapes	September 3 Cinnamon Toast Crunch Bar Mixed Fruit
September 6 No School Labor Day	September 7 Pancakes Diced Peaches	September 8 Oatmeal Round Yogurt Orange Smiles	September 9 Breakfast Taco Roll Applesauce	September 10 Cini Mini Bagel Apple Slices
September 13 Confetti Pancakes Diced Pears	September 14 Pancake Sausage Bites Mixed Fruit	September 15 Banana Muffin Orange Smiles	September 16 Egg & Cheese Biscuit Fresh Banana	September 17 Oatmeal Round Raisins
September 20 Chocolate Muffin Mixed Fruit	September 21 Bacon Scramble Breakfast Pizza Baked Cinnamon Apples	September 22 Blueberry Waffles Fresh Banana	September 23 Biscuit & Sausage Gravy Diced Peaches	September 24 Cinnamon Toast Crunch Bar Applesauce
September 27 No School Professional Day	September 28 Pancakes Mixed Fruit	September 29 Biscuit & Sausage Gravy Orange Smiles	September 30 Tater Tot Burrito 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.

All Meals are FREE to Students!!!



10% post-consumer



Nutrition Information is available upon request.