

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Turkey & Cheese Sandwich Sloppy Joe Sandwich <hr/> Potato Wedges, Celery Sticks & Applesauce	2 All American Sandwich Mini Corndogs <hr/> Baked Beans, Fresh Broccoli & Orange Smiles	3 All American Sandwich Cheese Pizza (V) <hr/> Roasted Broccoli & Carrots, Fresh Baby Carrots & Apples
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6 No School Labor Day	7 Chef Salad Chicken Alfredo Mac <hr/> Mixed Vegetables & Diced Pears	8 Ham & Cheese Sandwich Popcorn Chicken Bowl <hr/> Celery Sticks, Mashed Potatoes & Fresh Bananas	9 Yogurt & Fruit Parfait (V) Spaghetti with Meatballs <hr/> Roasted Broccoli & Carrots & Mixed Fruit	10 Crispy Chicken Wrap Chicken 'n' Waffles <hr/> Sweet Potato Fries & Fresh Grapes
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Local ingredients used when seasonally available

13 Pizza Bento Box Crispy Chicken Sandwich <hr/> Baby Carrots & Watermelon	14 Turkey & Cheese Sandwich Cheesy Quesadilla (V) <hr/> Fresh Broccoli & Orange Smiles	15 Crispy Chicken Salad Bean & Cheese Nachos (V) <hr/> Mexican Black Beans, Baby Carrots & Applesauce	16 All American Sandwich Chicken Nuggets <hr/> Green Beans, Fresh Broccoli & Mixed Fruit	17 Buffalo Chicken Wrap Cheese Pizza (V) <hr/> Mixed Vegetables & Cinnamon Swirled Apples
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Variety of fat free and low fat milk are offered daily

20 Ham & Cheese Sandwich Cheese Ravioli (V) <hr/> Fresh Broccoli, Caesar Salad, & Diced Peaches	21 Ham & Cheese Sandwich Cheeseburger <hr/> Baked Beans, Fresh Broccoli & Orange Smiles	22 Chef Salad Pepperoni Pizza <hr/> Roasted Broccoli & Carrots & Fresh Bananas	23 Bento Box Cheesy Omelet w/ Cinnamon Pinwheel <hr/> Tater Tot Hash, Fresh Broccoli & Orange Smiles	24 Turkey & Cheese Sandwich Classic Mac & Cheese (V) <hr/> Green Beans, Baby Carrots & Cinnamon Swirled Apples
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(V) Denotes a vegetarian friendly item

27 No School Professional Day	28 Italian Deli Sandwich Pancakes & Sausage <hr/> Tater Tots, Fresh Broccoli & Diced Pears	29 Fiesta Salad Rib-b-que Sandwich <hr/> Roasted Broccoli & Carrots, Celery Sticks & Applesauce	30 Crispy Chicken Wrap Italian Dunks (V) <hr/> Aztec Corn, Fresh Broccoli & Orange Smiles	
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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.liftoffsplyground.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.



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.

All Meals are FREE to Students!!!



Nutrition Information is available upon request.