

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**KEEP SAFE**

**WASH YOUR HANDS**

**1**

Cheeseburger  
Baked Beans  
Banana

**2**

Grilled Cheese  
Garden Salad  
Fresh Fruit

**3**

Chicken Tenders  
Mashed Potatoes & Gravy  
Green Beans

A variety of milk is available daily

Labor Day

**7**

Chicken Alfredo Pasta with Broccoli  
Chef Salad and Breadstick  
Beefy Totchos and Tortilla  
Beef & Cheese Tacos

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Mixed Garden Vegetables  
Diced Peaches

**8**

Vegetarian Chick'n Nuggets and Bread (V)  
Ham & Cheese Sandwich  
Turkey Hot Dog  
Popcorn Chicken Potato Bowl

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Vegetarian Baked Beans  
Mixed Fruit Cocktail

**9**

Chicken Burger  
Blueberry Parfait, String cheese and Graham Crackers (V)  
Terikayi Chicken Rice Bowl  
Spaghetti with Meat Sauce

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Roasted Broccoli & Carrots  
Applesauce cups

**10**

Toasted Cheese Sandwich (V)  
Chicken and Pancakes  
Cheese Pizza Square (V)  
Crispy Chicken Wrap

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Mixed Green Salad  
Sweet Potato Fries

**13**

Chicken Burger  
Pancakes & Sausage  
Grilled Ham & Cheese  
Kidzable: Italian, Vegetarian (V)

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Baked Cinnamon Apples  
Baby Carrots

**14**

Cheese Lasagna Rollup (V)  
Cheese Quesadilla (V)  
Sweet & Sour Chicken  
Turkey & Cheese Sandwich

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Roasted Broccoli & Carrots  
Southwest Black Beans

**15**

Barbecue Chicken Sandwich  
Crispy Chicken Salad and Breadstick  
Bean & Cheese Nachos (V)  
Beef Chili Frito Pie

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Southwest Black Beans  
Diced Peaches

**16**

All American Sandwich  
Baked Penne Pasta  
Crispy Chicken Nuggets and Garlic Knot Bread  
Mini Corn Dogs

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Roasted Green Beans  
Mixed Fruit Cocktail

**17**

Beefy Mac  
Home-Style Cheese Pizza (V)  
Buffalo Chicken Wrap  
Spicy Black Bean Burger

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Salad Greens  
Canned Pears

**20**

Barbecue Rib Sandwich  
Crispy Chicken Nuggets and Garlic Knot Breadstick  
Ham & Cheese Sandwich  
Mini Cheese Ravioli (V)

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Mixed Garden Vegetables  
Diced Peaches

**21**

Mozzarella Stuffed Breadstick & Marinara Sauce (V)  
Deluxe Cheeseburger  
Glazed Drumstick and Twisted Breadstick  
Ham & Cheese Sandwich

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Vegetarian Baked Beans  
Green Beans

**22**

Turkey Hot Dog  
Orange Chick'n Rice Bowl  
pepperoni Pizza Square  
Chef Salad and Twisted Breadstick

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Roasted Broccoli & Carrots  
Mixed Salas Greens

**23**

Cheddar Cheese Omelet and Cinnamon Breadstick (V)  
Chicken Burger  
Kidzable: American Combo  
Cheese Quesadilla (V)

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Tator Tot Hash  
Baby Carrots

**24**

Macaroni & Cheese  
Country Steak Fingers and Cinnamon Breadstick  
Turkey & Cheese Sandwich  
Beef Chili Frito Pie

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Roasted Green Beans  
Mixed Fruit Cocktail

Menu is subject to change due to availability

**27**

Home-Style Cheese Pizza  
Chicken Burger  
Strawberry Parfait, String Cheese and Graham Crackers  
Meatball Sub

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Mixed Garden Vegetables  
Sliced Strawberries

**28**

Pancakes & Sausage  
Italian Sandwich  
Spaghetti with Meat Sauce  
Beef & Cheese Taco

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Emoji Potatoes  
Tomato & Lettuce Salad

**29**

Barbecue Rib Sandwich  
Turkey Hot Dog  
Fiesta Salad and Tortilla Chips  
Sweet & Sour Chick'n Bowl

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Chilled Black Beans  
Roasted Broccoli & Carrots

**30**

Mozzarella Stuffed Breadstick with Marinara Sauce  
Deluxe Cheeseburger  
Spicy Beef Nachos  
Crispy Chicken Wrap

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Aztec Corn  
Mixed Berries Cup

Barbecue Chicken Sandwich  
Crispy Chicken Nuggets and Garlic Knot Bread Stick  
Mini Cheese Ravioli (V)  
Kidzable: Italian, Vegetarian with Flatbread

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Baby Carrots  
Mixed Fruit Cocktail

## 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.

liftoffsplayground.com

## BREAKFAST MENU

| MONDAY                                                                                             | TUESDAY                                                                                        | WEDNESDAY                                                                                  | THURSDAY                                                                 | FRIDAY                                                                        |
|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------------|
|                                                                                                    |                                                                                                | 1 Sep<br>Mini Cinnamon Bagels<br>Applesauce<br>Milk                                        | 2 Sep<br>Breakfast Sandwich<br>Applesauce<br>Milk                        | 3 Sep<br>Pancakes<br>Peaches<br>Milk                                          |
| 6 Sep<br>Labor Day                                                                                 | 7 Sep<br>Cinnamon Toast<br>Crunch Cereal<br>Diced Peaches<br>Milk                              | 8 Sep<br>Oatmeal Chocolate<br>Chip UBR<br>Banana<br>Apple Juice<br>Milk                    | 9 Sep<br>Froot Loops<br>String Cheese<br>Fresh Apple<br>Orange Juice     | 10 Sep<br>Cinnamon Roll<br>Applesauce<br>Orange Juice<br>Milk                 |
| 13 Sep<br>Confetti Pancake Bites<br>Diced Pears<br>Orange Juice<br>Milk                            | 14 Sep<br>Pancake Sausage<br>Bites<br>Mixed Fruit Cocktail<br>Apple Juice<br>Milk              | 15 Sep<br>Froot Loops<br>String Cheese<br>Baked Cinnamon<br>Apples<br>Orange Juice<br>Milk | 16 Sep<br>Breakfast Biscuit<br>Sandwich<br>Banana<br>Apple Juice<br>Milk | 17 Sep<br>Oatmeal Chocolate<br>Chip UBR<br>Applesauce<br>Orange Juice<br>Milk |
| 20 Sep<br>Cinnamon Creamy<br>Cheese Mini Bagel<br>Baked Cinnamon<br>Apples<br>Orange Juice<br>Milk | 21 Sep<br>Bacon Scramble<br>Breakfast Pizza<br>Baked Cinnamon<br>Apples<br>Grape Juice<br>Milk | 22 Sep<br>Blueberry Pancake<br>Bites<br>Banana<br>Apple Juice<br>Milk                      | 23 Sep<br>Southern Style Biscuit<br>Diced Peaches<br>Grape Juice<br>Milk | 24 Sep<br>Blueberries Mini<br>Waffles<br>Applesauce<br>Orange Juice<br>Milk   |
| 27 Sep<br>Oatmeal Chocolate<br>Chip UBR<br>Applesauce<br>Apple Juice<br>Milk                       | 28 Sep<br>Confetti Pancake Bites<br>Mixed Fruit Cocktail<br>Orange Juice<br>Milk               | 29 Sep<br>Froot Loops<br>Banana<br>Apple Juice<br>Milk                                     | 30 Sep<br>Breakfast Burrito<br>Diced Pears<br>Orange Juice<br>Milk       |                                                                               |

## Fresh Pick Recipe

### TOMATO MOZZARELLA SALAD

- 1 avocado, sliced into large chunks
- 2 large tomatoes, large dice
- 1 cup celery, 1" slices
- 1 cup fresh mozzarella, large dice
- 1/2 cup basil, torn
- 4 teaspoons extra virgin olive oil
- 1 teaspoon lemon juice
- 1 teaspoon balsamic vinegar
- salt and pepper, to taste

1. Place salad ingredients in medium bowl.
2. Mix oil, lemon juice and balsamic vinegar, salt and pepper in small bowl.
3. When ready to serve, mix the salad with the dressing using just enough to coat the salad.

Menu subject to change due to availability



sodexo



10% post-consumer



Nutrition Information is available upon request.