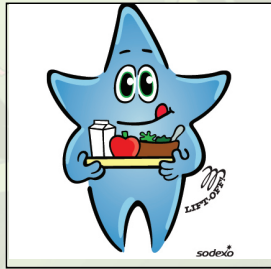


MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



Breakfast Includes: Choice of entrée listed or selection of cereal or cheese stick, choice of fruit, and milk.

WASH YOUR HANDS 5



6
Breakfast:
 Cherry Frudel (v)
Lunch:
Breakfast for Lunch:
 Pancakes and Sausage with Hash
 Brown Patty
 Chef Salad
 Baked Cinnamon Apples

7
Breakfast:
 Mini Maple Waffles (v)
Lunch:
 Taco Meat and Cheese Nachos
 Caesar Salad
 Buttered Corn

8
Breakfast:
 Pancakes with Syrup (v)
Lunch:
 Chicken Nuggets and Curly Fries
 Ham and Cheese Sandwich
 Caesar Salad

9
Breakfast:
 Freshly Baked Banana Muffin
Lunch:
 Homemade Cheese (v) or Pepperoni
 Pizza
 Sunbutter and Jelly Sandwich (v)
 Caesar Salad

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

12
Breakfast:
 French Toast Stick with Syrup
Lunch:
 Cheesy Breadsticks with Marinara (v)
 Ham & Cheese Sandwich
 House Salad with Ranch

13
Breakfast:
 Pancake Bites with Cinnamon &
 Sugar (v)
Lunch:
 Mini Cheese Ravioli with WG Roll (v)
 Turkey Cheese
 House Salad

14
Breakfast:
 Strawberry Mini Bagels
Lunch:
 Baked Corn Dog
 French fries
 Sunbutter & Jelly Sandwich (v)
 Chef Salad

15
Breakfast:
 Eggo Waffles with Fruit
Lunch:
 Chickenwich and Curly Fries
 Garden Salad
 Buttered Corn

16
Breakfast:
 Blueberry Muffin
Lunch:
Breakfast for Lunch:
 Cheese Omelet (v)
 Hash Brown Patties
 Ham & Cheese Sandwich
 House Salad

19
Breakfast:
 Mini Waffles with Syrup
Lunch:
 Popcorn Chicken and Tots
 Garden Salad with Ranch
 Turkey Cheese Sandwich

20
Breakfast:
 Fruit and Yogurt
Lunch:
Breakfast for Lunch:
 Turkey Sausage and Cheese
 Breakfast Sandwich
 Hash Brown Patties
 Italian Sub
 Caesar Salad

21
Breakfast:
 Mini Pancakes
Lunch:
 Chicken Nuggets with Tots
 Caesar Salad
 Sunbutter & Jelly Sandwich (v)
 Roasted Broccoli

22
Breakfast:
 Pancakes
Lunch:
 Cheesy Breadsticks with Marinara (v)
 Whole Wheat Spaghetti
 Chicken Caesar Wrap
 House Salad

23
Breakfast:
 Chocolate Muffin (v)
Lunch:
 Homemade Cheese (v) or Pepperoni
 Pizza
 Turkey Cheese Sandwich
 Caesar Salad

26
Breakfast:
 Apple Frudel or Mini Cinis
Lunch:
 Grilled Cheese Sandwich
 Fries
 Ham and Cheese
 Garden Salad

27
Breakfast:
 Maple Mini Waffles
Lunch:
 Chicken Alfredo Pasta
 Whole Grain Wheat Pasta (v)
 Sunbutter and Jelly Sandwich (v)
 Greek Salad with WG Rolls

28
Breakfast:
 Chocolate Muffins and Yogurt
Lunch:
 Hamburger or Cheese Burger and
 Tots
 Turkey & Cheese Sandwich
 Chef Salad

29
Breakfast:
 Mini Pancakes
Lunch:
 Open Faced Turkey Sandwich with
 Gravy
 and WG Rolls
 Ham and Cheese Sandwich
 House Salad with Ranch

30
Breakfast:
 Bran Muffin (v) and Yogurt
Lunch:
 Homemade Cheese (v) or Pepperoni
 Pizza
 Ham & Cheese Sandwich
 Caesar Salad

(v) = meatless option

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.

liftoffsplayground.com

Be a PAL to Friends with Food Allergies: It Can Help Protect A Life (PAL)

Did you know that 1 in 13 kids in the United States have a food allergy? Since food allergies affect so many kids, it is good to learn how you can Be a PAL® to a friend with food allergies! Here's how:

Know that food allergies are very serious. If someone with a food allergy eats something they are allergic to, they can get very ill. If a friend or classmate has a food allergy, don't tease, bully or make fun of them. Tell an adult right away if you see other kids picking on someone with a food allergy.

Don't share your food with friends who have food allergies. For kids with food allergies, sharing food can be very dangerous. Don't offer kids with food allergies anything from your lunch or snack because it may have something in it that could make them very sick or hurt them.

Wash hands after eating. Washing your hands with soap and water after you eat can help clean off any food that is on your hands.

Help all of your friends and classmates have fun together! There are lots of ways to have fun without food! Listening to music, playing board or video games, making crafts, going for a bike ride and playing sports are just some of the cool things you can do together. This way, everyone stays safe and has fun!

If a friend with food allergies feels sick, get help right away! If your friend feels sick or thinks they may have eaten something they are allergic to, tell an adult right away or dial 911!

The **Be a PAL: Protect A Life™ From Food Allergies** education program can help children learn how to be a good friend to kids with food allergies. To learn more, visit: <https://www.foodallergy.org/education-awareness/be-a-pal>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

NUTRITION FACTS:
13 calories, .08g fat,
5mg sodium, .65g fiber

freshpick
for better health



SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

BREAKFAST:

PAID: ES \$X.XX MS: \$X.XX HS: \$X.XX

LUNCH:

PAID: ES: \$X.XX MS: \$X.XX HS: \$X.XX

Nutrition Information is available upon request.

sodexo