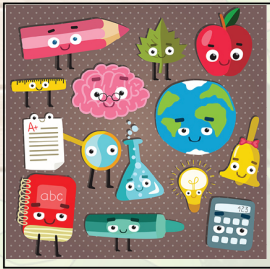
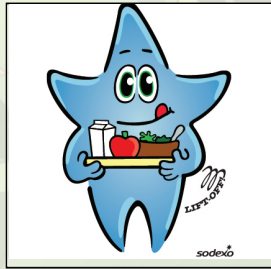


MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



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



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

7
Breakfast:
 Mini Maple Waffles (v)
Lunch:
 Taco Meat and Cheese Nachos
 BBQ Chicken Sandwich
 Caesar Salad
 Black Bean and Corn Salsa

8
Breakfast:
 Mini Blueberry Pancakes with Syrup (v)
Lunch:
 Baked Penne Pasta (v)
 Chicken Nuggets
 Fruit and Yogurt Parfait (v)
 Green Beans with Garlic

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

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

12
Breakfast:
 Egg & Cheese Quesadilla (v)
Lunch:
 Cheesy Breadsticks with Marinara (v)
 Whole Grain Spaghetti
 Ham & Cheese Sandwich
 Garden Salad

13
Breakfast:
 Pancake Bites with Cinnamon & Sugar (v)
Lunch:
 Mini Cheese Ravioli with WG Roll (v)
 Hamburger or Cheeseburger
 Veggie Burger (v)
 Baked Beans

14
Breakfast:
 French Toast Sticks
Lunch:
 Orange Chicken over Brown Rice
 Baked Corn Dog
 Sunbutter & Jelly Sandwich (v)
 Chef Salad with WG Rolls
 Roasted Broccoli and Carrots

15
Breakfast:
 Apple Frudel (v)
Lunch:
 Chickenwich and Curly Fries
 Turkey and Cheese Sandwich
 Garden Salad
 Aztec Corn

16
Breakfast:
 Pancakes with Syrup
Lunch:
Breakfast for Lunch:
 Cheese Omelet (v)
 Baked Corn Dog
 Turkey & Cheese Sandwich
 Warm Spiced Pears

19
Breakfast:
 Waffles with Fruit Compote (v)
Lunch:
 Meatball Marinara Sub
 Chicken Nuggets with WG Roll
 Chef Salad with Breadstick
 Ham and Cheese Sandwich

20
Breakfast:
 French Toast Sticks
Lunch:
Taco Tuesday:
 Turkey Soft Taco
 Italian Sub
 Fruit & Yogurt Parfait (v)
 Garden Salad

21
Breakfast:
 Mini Pancakes (v)
Lunch:
 Sweet & Sour Chicken with Brown Rice
 Asian Turkey Salad with Sesame Vinaigrette
 Sunbutter & Jelly Sandwich (v)
 Roasted Broccoli and Cauliflower

22
Breakfast:
 Scrambled Eggs and Cheese
Lunch:
 Turkey Taco Nachos
 Crispy Chicken Wrap
 Aztec Corn and Black Beans

23
Breakfast:
 Chocolate Muffin (v) or Mini Cinis (v)
Lunch:
 Homemade Cheese (v) or Pepperoni Pizza
 Chicken Caesar Salad with WG Rolls
 Three Bean Medley

26
Breakfast:
 Cheese Omelets and Hash Brown Patty
Lunch:
 Hamburger or Cheeseburger
 Veggie Burger (v)
 Spicy Chickenwich with Pickles
 Baked Beans

27
Breakfast:
 Maple Mini Waffles
Lunch:
 Chicken Alfredo Pasta
 Chicken Burger
 Sunbutter and Jelly Sandwich (v)
 Greek Salad with WG Rolls
 Side Veggie: Mixed Vegetable Blend

28
Breakfast:
 Ham & Cheese Breakfast Sandwich
Lunch:
 Green Chili Pork with Brown Rice
 Pretzel with Cheese Sauce (v)
 Turkey & Cheese Sandwich
 Chef Salad with WG Rolls
 Side Veggie: Potato Wedges

29
Breakfast:
 Scrambled Eggs and Cheese or Mini Pancakes
Lunch:
 Turkey Gravy over Mashed Potatoes and WG Rolls
 Baked Corn Dog
 American Sandwich
 Fruit & Yogurt Parfait (v)
 Side Veggie: Baked Beans

30
Breakfast:
 Homemade Fruit Muffin (v)
Lunch:
 Homemade Cheese or Pepperoni Pizza (v)
 Fish & Chips
 Southwest Chicken Wrap
 Ham & Cheese Sandwich
 Roasted Broccoli and Carrots

(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.

