

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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1
Mini Corn Dogs Chicken Enchilada Suiza Crispy Chick'n Salad (V) Turkey & Cheese Sandwich
Mixed Vegetables, Fresh Broccoli, & Side Garden Salad Applesauce & Diced Pears

2
Chicken Parmesan Pepperoni Pizza Protein Power Pack (V) Chicken Caesar Salad
Cooked Peas, Baby Carrots, Side Caesar Salad Orange Smiles & Strawberries

Fresh Pick of the Month: Beans!

5
No School! Happy Labor Day!

6
No School See you tomorrow!

7
Grilled Cheese Sandwich (V) Spaghetti & Meatballs Blueberry Patch Parfait Turkey & Cheese Sandwich
Roasted Broccoli, Celery Sticks, & Side Super Salad Bananas & Blueberries

8
Crispy Chicken Sandwich Frito Chili Pie Chef Salad Pizza Bento Box (V)
Charro Beans, Fresh Broccoli, & Side Garden Salad Applesauce & Diced Pears

9
Homestyle Cheese Pizza (V) Hamburger Pinwheel Party Box Chef Salad
Mixed Vegetables, Baby Carrots, & Side Caesar Salad Orange Smiles & Strawberries

Variety of fat-free and low fat milk offered daily

12
Mexi-Chicken Flatbread Walking Nachos Crispy Chicken Wrap Sunbutter & Jelly Sandwich
Refried Beans, Baby Carrots, & Side Garden Salad Apple Slices & Diced Peaches

13
Cheesy Chicken Spaghetti Cheese Ravioli (V) Pepperoni Bento Box Chicken Caesar Salad
Roasted Broccoli, Tomato Cucumber Salad, & Side Caesar Salad Orange Smiles & Pineapple

14
Brunch 4 Lunch Chicken Quesadilla All-American Sandwich Strawberry Field Parfait (V)
Celery Sticks & Super Side Salad Baked Apples, Bananas, & Blueberries

15
Chicken Nuggets Corn Dog Chicken Caesar Salad Protein Power Pack (V)
Cooked Carrots, Fresh Broccoli, & Side Garden Salad Applesauce & Diced Pears

16
Bean Burrito (V) Chicken Nuggets Ham & Cheese Sandwich Sandwich Bento Box
Corn, Baby Carrots, & Side Caesar Salad Orange Smiles & Strawberries

Local ingredients used when seasonally available

19
Breaded Drumstick Italian Cheese Dippers (V) Buffalo Chicken Wrap Ham & Cheese Sandwich
Green Beans, Baby Carrots, & Side Garden Salad Apple Slices & Diced Peaches

20
Chicken & Waffles Baked Lasagna Chef Salad Protein Power Pack (V)
Roasted Squash & Zucchini, Tomato Cucumber Salad, & Side Caesar Salad Orange Smiles & Pineapple

21
Tater Tot Casserole Cheeseburger Chicken Caesar Salad Pizza Bento Box (V)
California Blend Vegetables, Celery Sticks, & Super Side Salad Bananas & Blueberries

22
Oklahoma Twister Dog Orange Chicken & Rice Bowl Chef Salad Sunbutter & Jelly Sandwich (V)
Cooked Peas, Fresh Broccoli, & Side Garden Salad Applesauce & Diced Pears

23
Cheese Nachos (V) Fish Tacos Crispy Chicken Wrap Blueberry Patch Parfait
Charro Beans, Baby Carrots, & Side Caesar Salad Orange Smiles & Strawberries

(V) denotes a vegetarian-friendly item

26
Crispy Chicken Sandwich Baked Penne Pasta (V) Crispy Chicken Wrap Chicken Caesar Salad
Green Beans, Baby Carrots, & Side Garden Salad Apple Slices & Diced Peaches

27
Homestyle Pepperoni Pizza Garden Burger (V) Chef Salad Pinwheel Party Box
Roasted Broccoli, Tomato Cucumber Salad, & Side Caesar Salad Orange Smiles & Pineapple

28
Chicken Nuggets BBQ Rib Sandwich Strawberry Banana Parfait (V) Turkey & Cheese Sandwich
Smiley Potatoes, Celery Sticks, & Side Super Salad Bananas & Blueberries

29
Beef Totchos Cheese Enchiladas (V) Crispy Chicken Wrap Pepperoni Bento Box
Mexican Corn, Fresh Broccoli, & Side Garden Salad Applesauce & Diced Pears

30
Signature Steak Fingers BBQ Glazed Drumstick Chef Salad Sunbutter & Jelly Sandwich
Mashed Potatoes, Baked Beans, Baby Carrots, & Side Caesar Salad Orange Smiles & Strawberries

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.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			September 1 Whole Wheat Bagel W/ Cream Cheese Chocolate Muffin Vanilla Yogurt Apple Slices & Diced Peaches	September 2 Frudel Bar Nutri-Grain Bar Strawberry Yogurt Orange Smiles & Blueberries
September 5 No School! Happy Labor Day!	September 6 No School See you tomorrow!	September 7 Breakfast Pizza Poptart Strawberry Yogurt Orange Smiles & Strawberries	September 8 Tater Tot Burrito Banana Muffin Vanilla Yogurt Apple Slices & Diced Peaches	September 9 Cinnamon Toast Breakfast Bar Nutrigrain Bar Strawberry Yogurt Orange Smiles & Blueberries
September 12 Pancakes Blueberry Muffin Strawberry Yogurt Apple Slices & Diced Pears	September 13 Biscuits & Gravy Nutri-Grain Bar Vanilla Yogurt Bananas & Applesauce	September 14 Pancake Sausage Bites Poptart Strawberry Yogurt Orange Smiles & Strawberries	September 15 American Breakfast Sandwich Chocolate Muffin Vanilla Yogurt Apple Slices & Diced Peaches	September 16 Ultimate Breakfast Round Nutri-Grain Bar Strawberry Yogurt Orange Smiles & Blueberries
September 19 Blueberry Waffles Banana Muffin Strawberry Yogurt Apple Slices & Diced Pears	September 20 Egg & Cheese Biscuit Nutri-Grain Bar Vanilla Yogurt Bananas & Applesauce	September 21 Breakfast Pizza Poptart Strawberry Yogurt Orange Smiles & Strawberries	September 22 Mini Bagels W/ Cream Cheese Blueberry Muffin Vanilla Yogurt Apple Slices & Diced Peaches	September 23 Sausage Biscuit Nutri-Grain Bar Strawberry Yogurt Orange Smiles & Blueberries
September 26 French Toast Sticks Chocolate Muffin Strawberry Yogurt Apple Slices & Diced Pears	September 27 Biscuits & Gravy Nutri-Grain Bar Vanilla Yogurt Bananas & Applesauce	September 28 Breakfast on a Stick Poptart Strawberry Yogurt Orange Smiles & Strawberries	September 29 Cinnamon Roll Banana Muffin Vanilla Yogurt Apple Slices & Diced Peaches	September 30 Confetti Pancakes Nutri-Grain Bar Strawberry Yogurt Orange Smiles & Blueberries

Fresh Pick Recipe

TUSCAN WHITE BEAN SALAD (SERVES 30 - 1.5 OZ)

- 2 lbs cannellini beans
- 1/4 cup sweet green peppers, diced
- 1/4 cup sweet red peppers, diced
- 1/4 cup fresh red onion
- 1/2 cup black olives, sliced
- 1 tablespoon raw garlic
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh rosemary
- 1/4 cup and 2 tablespoons lemon juice
- 3 tablespoons cider vinegar
- 3 tablespoons canola oil
- 3/4 teaspoon ground black pepper

1. Combine all ingredients in a large bowl.
2. Keep refrigerated until ready to serve.

NUTRITION FACTS:
74 calories, 2g fat,
81mg sodium, 4g fiber

MEAL REQUIREMENTS

Must select at least 3 of
the 5 offered components:
Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A
1/2 CUP OF FRUIT OR VEGGIE!



Join us for breakfast and lunch!
All elementary students eat free of charge this school year.
No meal application required.

Nutrition Information is available upon request.