

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

	1	2	3	4
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Fresh Pick of the Month: Blueberries!

7	8	9	10	11
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Local ingredients used when seasonally available

14	15	16	17	18
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Variety of fat-free and non-fat milk offered daily

21	22	23	24	25
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(V) denotes vegetarian-friendly item

28	29	30	31	
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Menu subject to change based on product availability

This institution is an equal opportunity provider.



## The Big 9

Approximately 90% of food allergy reactions occur from one of nine common foods in the U.S. known as "The Big 9." These foods include: milk, eggs, peanuts, sesame, tree nuts, fish, crustacean shellfish, wheat and soy. More than 160 foods have been identified to cause food allergies in sensitive individuals. There are also several food ingredients that cause nonallergic hypersensitivity reactions in sensitive individuals.<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 Information available at:  
<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

2.Food Allergy Research & Education (FARE)  
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](http://www.liftoffsplyground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A variety of cereal is offered daily.  Fruit Juices offered include Apple Juice, Orange Juice, & Grape Juice.	August 1	August 2	August 3	August 4
August 7	August 8	August 9	August 10	August 11
August 14	August 15	August 16	August 17 Ham & Cheese English Muffin Cereal w/ String Cheese Diced Peaches ~~~~~ Juice, Milk	August 18 Cinnamon Toast Bar Cereal w/ String Cheese Apple ~~~~~ Milk
August 21 French Toast Sticks Cereal w/ String Cheese Applesauce ~~~~~ Milk	August 22 Biscuits & Gravy Cereal w/ String Cheese Orange Smiles ~~~~~ Juice and Milk	August 23 Breakfast Pizza Cereal w/ String Cheese Bananas ~~~~~ Milk	August 24 Ham & Cheese English Muffin Cereal w/ String Cheese Craisins ~~~~~ Juice and Milk	August 25 Chicken & Waffle stack Cereal w/ String Cheese Apple ~~~~~ Milk
August 28 Cinnamon Toast Bar Cereal w/ String Cheese Apple Sauce ~~~~~ Milk	August 29 Biscuit & Gravy Cereal w/ String Cheese Orange Smiles ~~~~~ Juice and Milk	August 30 Breakfast Pizza Cereal with String Cheese Bananas ~~~~~ Milk	August 31 Ham & Cheese English Muffin Cereal w/ String Cheese Peaches ~~~~~ Juice and Milk	

### 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.

We are so excited to be back for another outstanding school year!  
We hope to inspire and encourage all students to make healthy choices regularly!