

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Meatball Sub Pepperoni Pizza Sunbutter & Jelly Sandwich (V) Carrot Coins
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Fresh Pick of the Month: Apples

4 Holiday Labor Day	5 No School Teacher Professional Development	6 Grilled Cheese Sandwich (V) Spaghetti & Meatballs Turkey & Cheese Sandwich Roasted Broccoli	7 Pepperoni Pizza Frito Chili Pie Sunbutter & Jelly Sandwich (V) Pinto Beans	8 Chicken Nuggets Bean & Cheese Burrito (V) Ham & Cheese Sandwich Corn Mashed Potatoes & Gravy
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Local ingredients used when seasonally available

11 Walking Nachos BBQ Chicken Sandwich Sunbutter & Jelly Sandwich (V) Refried Beans	12 Macaroni & Cheese (V) Garlic Knot Corn Dog Crispy Chicken Wrap Roasted Broccoli Chocolate Chip Cookie	13 Breakfast 4 Lunch Cheese Pizza (V) American Sandwich Baked Apples	14 Chicken Nuggets Cheesy Chicken Spaghetti Chicken Caesar Wrap Carrot Coins Mashed Potatoes & Gravy	15 Pepperoni Pizza Hamburger Pinwheel Party Box Mixed Vegetables
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Variety of fat-free and non-fat milk offered daily

18 Italian Cheese Dippers (V) Chicken Drumstick Ham & Cheese Sandwich Roasted Green Beans	19 Chicken & Waffles Lasagna Buffalo Chicken Wrap Roasted Squash & Zucchini Chocolate Chip Cookie	20 Bean & Cheese Nachos (V) Cheese Pizza (V) Crispy Chicken Wrap Pinto Beans	21 Twisted Dog Orange Chicken Sunbutter & Jelly Sandwich (V) Green Peas	22 Pepperoni Pizza Grilled Cheese Sandwich (V) Chicken Caesar Wrap Sweet Potato Fries
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(V) denotes vegetarian-friendly item

25 Crispy Chicken Sandwich Baked Penne (V) American Sandwich Roasted Green Beans	26 Cheese Pizza (V) Hamburger Pinwheel Party Box Roasted Broccoli Chocolate Chip Cookie	27 BBQ Riblet Sandwich Chicken Nuggets Strawberry Banana Parfait (V) French Fries	28 Beefy Totchos Cheese Quesadilla (V) Crispy Chicken Wrap Mexican Roasted Corn	29 Pepperoni Pizza BBQ Glazed Drumstick Sunbutter & Jelly Sandwich (V) Baked Beans
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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.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 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.liftoffspplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Variety of cereal, fat-free, & low-fat milk offered daily				September 1 Sausage Biscuit Cinnamon Toast Apple Slices ~~~~~ Fruit Juice and Milk
Holiday Labor Day	No School Teacher Professional Development	September 6 Breakfast Pizza Buttery Toast Bananas ~~~~~ Fruit Juice and Milk	September 7 H&C English Muffin Donut Peaches ~~~~~ Fruit Juice and Milk	September 8 Waffle Flatbread Stacker Cinnamon Toast Apple Slices ~~~~~ Fruit Juice and Milk
September 11 Cinnamon Toast Crunch Bar Buttery Toast Apple Sauce ~~~~~ Fruit Juice and Milk	September 12 Biscuits & Gravy Cinnamon Roll Orange Smiles ~~~~~ Fruit Juice and Milk	September 13 Breakfast Pizza Buttery Toast Bananas ~~~~~ Fruit Juice and Milk	September 14 H&C English Muffin Oatmeal Craisins ~~~~~ Fruit Juice and Milk	September 15 Sausage Biscuit Cinnamon Toast Apple Slices ~~~~~ Fruit Juice and Milk
September 18 French Toast Bites Buttery Toast Apple Sauce ~~~~~ Fruit Juice and Milk	September 19 Biscuits and Gravy Cinnamon Toast Orange Smiles ~~~~~ Fruit Juice and Milk	September 20 Breakfast Pizza Buttery Toast Bananas ~~~~~ Fruit Juice and Milk	September 21 H&C English Muffin Donut Peaches ~~~~~ Fruit Juice and Milk	September 22 English Muffin Cinnamon Toast Apple Slices ~~~~~ Fruit Juice and Milk
September 25 French Toast Sticks Buttery Toast Applesauce ~~~~~ Fruit Juice and Milk	September 26 Biscuits & Gravy Cinnamon Roll Orange Smiles ~~~~~ Fruit Juice and Milk	September 27 Breakfast Pizza Buttery Toast Bananas ~~~~~ Fruit Juice and Milk	September 28 H&C English Muffin Oatmeal Craisins ~~~~~ Fruit Juice and Milk	September 29 Waffle Flatbread Stacker Cinnamon Toast Apple Slices ~~~~~ Fruit Juice and Milk

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

Variety of cereal, fat-free, & low-fat milk offered daily



Nutrition Information is available upon request.