

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**3**

WELCOME  
BACK!

**4**

Kidzable: Ham & Cheese  
Cheesy Omelet with Toast (V)  
Home-Style Pepperoni Pizza

Tater Tots, Caesar Side Salad,  
Broccoli, Diced Peaches & Fresh  
Bananas  
\*Freshly Baked Cookie!\*

**5**

Terrific Turkey & Cheese Sandwich  
Rib-b-que Sandwich  
Crispy Chicken Nuggets with Dinner  
Roll

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Whipped Potatoes & Country Gravy,  
Garden Side Salad, Baby Carrots,  
Diced Pears & Sliced Apples

**6**

Kidzable: Protein Power!  
Goey Grilled Cheese Sandwich (V)  
Giant Beef Taco

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Pinto Beans, Caesar Side Salad,  
Broccoli, Applesauce & \*\*Fresh  
Watermelon

**7**

Sunbutter & Jelly Sandwich (V)  
Oklahoma Twister Dog  
Cheese Pizza (V)

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Groovy Green Peas, Celery Sticks,  
Garden Side Salad, Mixed Fruit &  
Orange Smiles

Our fresh pick for the month of September is juicy watermelon! Watermelon is delicious and a great source of vitamins A & C!

**10**

Strawberry Fields Parfait (V)  
Mexi-Chicken Nachos  
Crispy Chicken Sandwich

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Seasoned Carrots, Garden Salad,  
Celery Sticks, Pineapple Tidbits &  
Orange Smiles

**11**

Kidzable: Turkey & Mozzarella  
Home-style Cheese Pizza (V)  
Sloppy Joe

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Mixed Vegetables, Caesar Side  
Salad, Baby Carrots, Diced Peaches  
& \*\* Fresh Watermelon

**12**

Ham & Cheese Sandwich on Whole  
Wheat Bread  
Corn Dog  
Crispy Chicken Nuggets with Dinner  
Roll

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Whipped Potatoes & Country Gravy,  
Garden Side Salad, Broccoli, Diced  
Pears & Sliced Apples

**13**

Kidzable: Italian  
Hearty Chili & Homemade Cornbread  
\*\*Zesty Orange Chicken with Fortune  
Cookie

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Groovy Green Beans, Caesar Side  
Salad, Baby Carrots, Applesauce &  
Fresh Bananas

**14**

Sunbutter & Jelly Sandwich on Whole  
Wheat Bread  
Creamy Macaroni & Cheese (V)  
Pepperoni Pizza

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Western Baked Beans, Garden Salad,  
Celery Sticks, Mixed Fruit & Orange  
Smiles

\*\*Come join us on September 13th for some Zesty Orange Chicken & a fortune cookie to celebrate National Fortune Cookie Day!

**17**

Just Peachy Parfait (V)  
Grilled Chicken Stacker  
Walking Nachos

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Roasted Corn, Garden Salad, Baby  
Carrots, Pineapple Tidbits & Orange  
Smiles

**18**

Kidzable: Ham & Cheese  
\*\*Charbroiled Cheeseburger  
Home-Style Pepperoni Pizza

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Western Baked Beans, Caesar Salad,  
Fresh Broccoli, Diced Peaches  
& \*\*Fresh Watermelon

**19**

Terrific Turkey & Cheese Sandwich on  
Whole Wheat Bread  
Savory Beefy Mac with Breadstick  
Chicken & Waffles

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Emoji Potatoes, Celery Sticks,  
Garden Salad, Diced Pears & Sliced  
Apples

**20**

Kidzable: Protein Power!  
Goey Grilled Cheese Sandwich  
Steak Fingers with Dinner Roll

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Whipped Potatoes & Gravy, Fresh  
Broccoli, Caesar Salad, Applesauce &  
Bananas  
\*Freshly Baked Cookie\*

**21**

Sunbutter & Jelly Sandwich on Whole  
Wheat Bread (V)  
Bean & Cheese Burrito (V)  
Cheese Pizza (V)

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Green Beans, Celery Sticks, Garden  
Salad, Mixed Fruit & Orange Smiles

\*\*Join us September 18th for National Cheeseburger Day!

**24**

Strawberry Banana Parfait (V)  
Rib-b-que Sandwich  
Italian Dunkers (V)

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Western Baked Beans, Baby Carrots,  
Garden Salad, Pineapple Tidbits &  
Orange Smiles

**25**

Kidzable: Turkey & Mozzarella  
Cheesy Chicken Spaghetti  
Home-Style Cheese Pizza (V)

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Green Peas, Celery Sticks,  
Caesar Salad, Diced Peaches  
& \*Fresh Watermelon!  
\*Rice Krispies Treat\*

**26**

Ham & Cheese Sandwich on Whole  
Wheat Bread  
Chicken Fried Steak Sandwich  
Crispy Chicken Nuggets with Dinner  
Roll

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Whipped Potatoes & Country Gravy,  
Baby Carrots, Garden Side Salad,  
Diced Pears & Apple Slices

**27**

Kidzable: Italian  
Corn Dog  
French Toast Sticks with Scrambled  
Eggs & Sausage

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Steamed Green Beans, Fresh  
Broccoli, Caesar Salad, Applesauce &  
Bananas  
\*\*Scooby Snacks!!\*\*

**28**

Sunbutter & Jelly Sandwich on Whole  
Wheat Bread (V)  
Frito Chili Pie  
Pepperoni Pizza

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Seasoned Mixed Vegetables, Celery  
Sticks, Garden Salad, Mixed Fruit &  
Orange Smiles

\*\*The week of September 24th is National Puppy Dog week! Celebrate with us on September 27th with a corn dog and some Scooby Snack Treats!

Lunch Prices: Paid: \$2.70 Reduced: \$0.40 District Adult: \$3.35 Adult: 4.00

This institution is an equal opportunity provider and employer.

## USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.



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](http://liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Reduced Sugar Cereals Offered Daily!				
	September 4 Yogurt & Goldfish Graham Crackers French Toast Sticks Orange Smiles	September 5 Sausage Breakfast Pizza Blueberry Mini Muffin Mixed Fruit	September 6 Breakfast Taco Cinnamon Roll Mixed Fruit	September 7 Biscuit & Gravy Strawberry Nutri-grain Bar Diced Peaches
September 10 Sausage Biscuit Glazed Donut Diced Peaches	September 11 Breakfast on a Snack Double Chocolate Chip Mini Muffin Orange Smiles	September 12 Sausage Breakfast Pizza Apple Cinnamon Nutri-grain Breakfast Bar Bananas	September 13 Cheesy Omelet Cinnamon Roll Mixed Fruit	September 14 Breakfast Taco Yogurt & Goldfish Graham Cracker Diced Peaches
September 17 Honey Glazed Chicken Biscuit Banana Mini Muffin Diced Peaches	September 18 Two Pieces of Cinnamon Toast Buttermilk Pancakes Orange Smiles	September 19 Sausage Breakfast Pizza Yogurt & Goldfish Graham Cracker Bananas	September 20 Egg Muffin Breakfast Sandwich Cinnamon Sugar Donut Mixed Fruit	September 21 Biscuit with Old Fashioned Gravy Strawberry Nutri-grain Breakfast Bar Diced Peaches
September 24 Honey Glazed Chicken Biscuit Chocolate Crescent Diced Peaches	September 25 Yogurt & Goldfish Graham Crackers French Toast Sticks Orange Smiles	September 26 Sausage Breakfast Pizza Blueberry Mini Muffin Mixed Fruit	September 27 Breakfast Taco Cinnamon Roll Mixed Fruit	September 28 Biscuit & Gravy Strawberry Nutri-grain Bar Diced Peaches

### Fresh Pick Recipe

#### WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¼ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange Juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.



What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

Nutrition Information is available upon request.

