

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3
Sunbutter & Jelly Sandwich (V)
Cheddar Cheese Omelet & Buttery Toast (V)
Walking Nachos
~~~~~  
Baked Cinnamon Apples, Fresh Broccoli, Caesar Salad, Diced Peaches & Bananas

**4**  
All American Sandwich on Whole Wheat Bread  
Chicken Nuggets & Dinner Roll Sloppy Joe  
~~~~~  
Creamy Mashed Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apples

5
Double Berry Parfait (V)
Tater Tot Casserole
Corn Dog
~~~~~  
Mixed Vegetables, Caesar Salad, Fresh Broccoli, Applesauce

**6**  
Kidzable: Ham & Cheese Rib-b-que Sandwich  
Home-Style Cheese Pizza (V)  
~~~~~  
Western Baked Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

Local ingredients used when seasonally available

9
Kidzable: Italian Charbroiled Cheeseburger
Mexi-Chicken Nachos
~~~~~  
Frijoles ala Charros, Celery Sticks, Garden Salad, Pineapple Tidbits & Orange Smiles

**10**  
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)  
Beefy Mac & Breadstick  
Italian Dunkers (V)  
~~~~~  
Roasted Broccoli, Baby Carrots, Caesar Salad, Diced Peaches & Fresh Bananas
Rice Krispies Treat

11
Classic Ham & Cheese Sandwich on Whole Wheat Bread
Home Run Hot Dog
Chicken Nuggets & Dinner Roll
~~~~~  
Whipped Potatoes & Gravy, Fresh Broccoli, Garden Salad, Diced Pears & Apple Slices

**12**  
Strawberry Fields Parfait (V)  
Hearty Chili with Cinnamon Roll  
Broccoli & Cheese Baked Potato (V)  
~~~~~  
Golden Corn, Caesar Salad, Baby Carrots, Applesauce

13
Kidzable: Turkey & Mozzarella Creamy Macaroni & Cheese (V)
Pepperoni Pizza
~~~~~  
Roasted Squash & Zucchini, Garden Salad, Celery Sticks, Mixed Fruit & Orange Smiles

\*\*Join us in celebrating National Cheeseburger Day on September 18th! We will be having a special Indoor BBQ with Cheeseburgers & Hot Dogs!

**16**  
Kidzable: Power Protein (V)  
Goey Grilled Cheese Sandwich (V)  
Walking Nachos  
~~~~~  
Refried Beans, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles

17
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
Bean & Cheese Burrito (V)
Zesty Orange Chicken with Rice
~~~~~  
Mixed Vegetables, Caesar Salad, Fresh Broccoli, Diced Peaches & Fresh Bananas

**18**  
Terrific Turkey & Cheese Sandwich  
\*\*Indoor BBQ with Cheeseburgers & Hot Dogs  
~~~~~  
French Fries, Garden Salad, Diced Pears & Apples

19
Just Peachy Parfait (V)
Corn Dog
Steak Fingers with Dinner Roll
~~~~~  
Whipped Potatoes & Gravy, Fresh Broccoli, Caesar Salad, Applesauce  
\*Freshly Baked Cookie\*

**20**  
Kidzable: Ham & Cheese Rib-b-que Sandwich  
Home-style Cheese Pizza (V)  
~~~~~  
Green Peas, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

Variety of fat free and low fat milk are offered daily

23
NO SCHOOL

24
Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
Cheesy Chicken Spaghetti
Frito Chili Pie
~~~~~  
Golden Corn, Celery Sticks, Caesar Salad, Diced Peaches & Bananas  
\*Rice Krispies Treat\*

**25**  
All American Sandwich on Whole Wheat Bread  
Chicken Nuggets with Dinner Roll  
Creamy Macaroni & Cheese (V)  
~~~~~  
Whipped Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices

26
Strawberry Banana Parfait (V)
French Toast Sticks with Scrambled Eggs & Sausage
Corn Dog
~~~~~  
Tater Tots, Fresh Broccoli, Caesar Salad, Applesauce

**27**  
Kidzable: Turkey & Mozzarella Scratch Beef Lasagna  
Pepperoni Pizza  
~~~~~  
Groovy Green Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

(V) Denotes a vegetarian friendly item

30
Kidzable: Protein Power (V)
Chicken Tenders with Dinner Roll
Asian Meatballs with Lo Mein
~~~~~  
Roasted Broccoli, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

Lunch Prices Paid: \$2.80 Reduced: \$0.40 District Adult: \$3.45 Guest Adult: \$4.00

## The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.<sup>1</sup> 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.<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: 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.liftoffsplyground.com](http://www.liftoffsplyground.com)

## BREAKFAST MENU

| MONDAY                                                                                              | TUESDAY                                                                                       | WEDNESDAY                                                                                             | THURSDAY                                                                                                           | FRIDAY                                                                                                         |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| September 2<br>No School                                                                            | September 3<br>Honey Glazed Chicken Biscuit<br>Banana Muffin<br>Orange Smiles<br>Apple Juice  | September 4<br>Sausage Breakfast Pizza<br>Yogurt with Graham Crackers<br>Mixed Fruit<br>Orange Juice  | September 5<br>Filled Cinnamon Toast Crunch Bar<br>Egg & Cheese Breakfast Sandwich<br>Tater Tots<br>Apple Juice    | September 6<br>BYO Oatmeal Bar<br>Strawberry Nutrigrain Bar<br>Diced Pears<br>Orange Juice                     |
| September 9<br>French Toast Sticks<br>Yogurt with Graham Crackers<br>Diced Peaches<br>Orange Juice  | September 10<br>Sausage Biscuit<br>Coffee Cake<br>Orange Smiles<br>Apple Juice                | September 11<br>Sausage Breakfast Pizza<br>Blueberry Muffin<br>Fresh Bananas<br>Orange Juice          | September 12<br>Breakfast Taco<br>Cinnamon Roll<br>Tater Tots<br>Apple Juice                                       | September 13<br>Biscuit & Gravy<br>Strawberry Nutrigrain Bar<br>Diced Pears<br>Orange Juice                    |
| September 16<br>Pancake Sausage Wrap<br>Double Chocolate Muffin<br>Diced Peaches<br>Orange Juice    | September 17<br>Sausage Biscuit<br>Glazed Donut<br>Orange Smiles<br>Apple Juice               | September 18<br>Breakfast Pizza<br>Apple Cinnamon Nutrigrain Bar<br>Fresh Bananas<br>Orange Juice     | September 19<br>Cheesy Omelet<br>Cinnamon Roll<br>Tater Tots<br>Apple Juice                                        | September 20<br>Breakfast Taco<br>Yogurt with Graham Crackers<br>Diced Pears<br>Orange Juice                   |
| September 23<br>NO SCHOOL                                                                           | September 24<br>Honey Glazed Chicken Biscuit<br>Banana Muffin<br>Orange Smiles<br>Apple Juice | September 25<br>Sausage Breakfast Pizza<br>Yogurt with Graham Crackers<br>Mixed Fruit<br>Orange Juice | September 26<br>Filled Cinnamon Toast Crunch Bar<br>Egg & Cheese Breakfast Sandwich<br>Mixed Fruit<br>Orange Juice | September 27<br>**Birthday Mini Confetti Pancakes!<br>Strawberry Nutrigrain Bar<br>Diced Pears<br>Orange Juice |
| September 30<br>French Toast Sticks<br>Yogurt with Graham Crackers<br>Diced Peaches<br>Orange Juice |                                                                                               | Variety of Cereal & Milk Offered Daily!                                                               |                                                                                                                    |                                                                                                                |

## 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.

