

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Cheesy Nachos served with Green Beans and Apples

(V) Denotes a vegetarian friendly item

4

NO SCHOOL LABOR DAY

5

Corn Dog served with Green Beans and Apples

6

Creamy Macaroni & Cheese served with Pepered Broccoli and Pineapple Tidbits

7

Crispy Chicken Nuggets served with Baked Beans and Mixed Fruit

8

Cheese Pizza served with Carrots and Orange Slices

Local ingredients used when seasonally available

11

Breaded Chicken Sandwich served with Baked Beans and Apple

12

Cheeseburger served with Tator Tots and Diced Peaches

13

Grilled Cheese Sandwich with Crackers Pepered Broccoli & Pineapple Tidbits

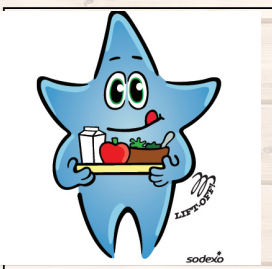
14

Hot Dog served with Cooked Carrots and Oranges

15

Pepperoni Pizza Mixed Veggies Pineapple Tidbits

Variety of fat free and low fat milk are offered daily



19

GRAND OPENING!

20

21

COMING SOON!!

22

Lunch Prices: Paid: \$2.60 Reduced: \$0.40 Faculty and Staff: \$3.25 Visitors \$4.00

25

NEW MENUS!

26



28

MORE CHOICES!



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.

liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Biscuit & Gravy OR Cinnamon Roll w/Icing
4 NO SCHOOL LABOR DAY	5 Oatmeal OR Mini Blueberry Pancakes	6 Bagel & Cream Cheese OR Breakfast Pizza	7 Egg & Cheese Biscuit OR Waffle w/Syrup	8 Biscuit & Gravy OR Pancake on a Stick
11 Scrambled Eggs w/Graham Crackers OR Yogurt w/Graham Crackers	12 Sausage Biscuit OR Maple Waffle	13 Bagel & Cream Cheese OR Breakfast Pizza	14 Oatmeal OR Cheese Omelet	15 Biscuit & Gravy Cinnamon Roll with Icing
	GRAND OPENING!		COMING SOON!	
NEW MENU				MORE CHOICES

Fresh Pick Recipe

GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

NUTRITION FACTS:
57 calories, 1g fat,
55mg sodium, 3g fiber



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.

