

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

SERVING UP SMILES IN... THE CLUBHOUSE

Nachos
Baked Cinnamon Apples & Diced Peaches

4

Chicken Nuggets & Dinner Roll
Creamy Mashed Potatoes & Gravy & Diced Pears

5

Corn Dog
Mixed Vegetables & Applesauce

6

Home-Style Cheese Pizza (V)
Western Baked Beans & Mixed Fruit

9

Charbroiled Cheeseburger
Frijoles ala Charros & Pineapple Tidbits

10

Italian Dunkers (V)
Roasted Broccoli & Diced Peaches
Rice Krispies Treat

11

Chicken Nuggets & Dinner Roll
Whipped Potatoes & Gravy, Diced Pears

12

Hearty Chili with Cinnamon Roll
Golden Corn & Applesauce

13

Pepperoni Pizza
Roasted Squash & Zucchini and Mixed Fruit

Local ingredients used when seasonally available

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

16

Goey Grilled Cheese Sandwich (V)
Refried Beans & Orange Smiles

17

Bean & Cheese Burrito (V)
Mixed Vegetables & Diced Peaches

18

Cheeseburger
French Fries & Diced Pears

19

Steak Fingers with Dinner Roll
Whipped Potatoes & Gravy, Applesauce
Freshly Baked Cookie

20

Home-style Cheese Pizza (V)
Green Peas & Orange Smiles

Variety of fat free and low fat milk are offered daily

23

NO SCHOOL

24

Frito Chili Pie
Golden Corn, Diced Peaches
Rice Krispies Treat

25

Chicken Nuggets with Dinner Roll
Whipped Potatoes & Gravy, Diced Pears

26

Corn Dog
Tater Tots, Applesauce

27

Pepperoni Pizza
Groovy Green Beans, Mixed Fruit

(V) Denotes a vegetarian friendly item

30

Chicken Tenders with Dinner Roll
Roasted Broccoli & Orange Smiles

31

Chicken Nuggets & Dinner Roll
Whipped Potatoes & Gravy, Diced Pears

32

Chicken Nuggets & Dinner Roll
Whipped Potatoes & Gravy, Diced Pears

33

Chicken Nuggets & Dinner Roll
Whipped Potatoes & Gravy, Diced Pears

34

Chicken Nuggets & Dinner Roll
Whipped Potatoes & Gravy, Diced Pears

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

This institution is an equal opportunity provider.

The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.¹ 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.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: 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.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2 No School	September 3 Cold Cereal Graham Cracker Juice & Milk	September 4 Cold Cereal Graham Cracker Juice & Milk	September 5 Cold Cereal Graham Cracker Juice & Milk	September 6 Cold Cereal Graham Cracker Juice & Milk
September 9 Cold Cereal Graham Cracker Juice & Milk	September 10 Cold Cereal Graham Cracker Juice & Milk	September 11 Cold Cereal Graham Cracker Juice & Milk	September 12 Cold Cereal Graham Cracker Juice & Milk	September 13 Cold Cereal Graham Cracker Juice & Milk
September 16 Cold Cereal Graham Cracker Juice & Milk	September 17 Cold Cereal Graham Cracker Juice & Milk	September 18 Cold Cereal Graham Cracker Juice & Milk	September 19 Cold Cereal Graham Cracker Juice & Milk	September 20 Cold Cereal Graham Cracker Juice & Milk
September 23 NO SCHOOL	September 24 Cold Cereal Graham Cracker Juice & Milk	September 25 Cold Cereal Graham Cracker Juice & Milk	September 26 Cold Cereal Graham Cracker Juice & Milk	September 27 Cold Cereal Graham Cracker Juice & Milk
September 30 Cold Cereal Graham Cracker Juice & Milk				

Fresh Pick Recipe

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¾ 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.

