

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

1

Kidzable
Sloppy Joe Sandwich
Baked Penne Pasta (V)

Green Peas, Celery Sticks, Garden Salad, Fresh Bananas

2

Yogurt & Fruit Parfait
Parmesan Chicken
Mini Corndogs

Baked Beans, Fresh Broccoli, Garden Salad, Orange Smiles

3

All American Sandwich
Chicken Enchilada Suiza
Cheese Pizza (V)

Roasted Broccoli & Carrots, Fresh Baby Carrots, Garden Salad, Fresh Apple Slices

Try our new plant based protein options!

6

NO SCHOOL
LABOR DAY

7

Kidzable
Spaghetti with Meatsauce
Beefy Tot'chos

Mixed Vegetables, Fresh Broccoli, Garden Salad, Orange Smiles

8

Ham & Cheese Sandwich
Popcorn Chicken Bowl
Hot Dog

Baked Beans, Fresh Broccoli, Garden Salad, Fresh Bananas

9

Sunbutter & Jelly Sandwich
Crispy Chicken Sandwich
Teriyaki Chicken Rice Bowl

Roasted Broccoli & Carrots, Baby carrots, Garden Salad, Orange Smiles

10

Yogurt & Fruit Parfait
Goey Grilled Cheese Sandwich
Cheese Pizza (V)

French Fries, Celery Sticks, Garden Salad, Fresh Apple Slices

Local ingredients used when seasonally available

13

Pizza Kidzable
Hot Ham & Cheese Sandwich
Breakfast 4 Lunch: Pancakes & Sausage

Baked Cinnamon Apples, Baby Carrots, Caesar salad, Fresh Apples

14

Turkey & Cheese Sandwich
Sweet & Sour Chicken Bowl
Lasagna Rollup (V)

Roasted Broccoli & Carrots, Celery Sticks, Garden Salad, Orange Smiles

15

Yogurt & Fruit Parfait
BBQ Chicken Sandwich
Bean & Cheese Nachos (V)

Mexican Black Beans, Baby Carrots, Garden Salad, Fresh Bananas

16

All American Sandwich
Baked Penne Pasta (V)
Chicken Nuggets

Green Beans, Fresh Broccoli, Garden Salad, Orange Smiles

17

Sunbutter & Jelly Sandwich
Cheese Pizza (V)
Beefy Macaroni

Mixed Vegetables, Fresh Broccoli, Garden Salad, Fresh Apple Slices

Variety of fat free and low fat milk are offered daily

20

NO SCHOOL

21

Ham & Cheese Sandwich
Glazed Chicken Drumstick
Italian Dunkers (V)

Baked Beans, Fresh Broccoli, Garden Salad, Orange Smiles

22

Yogurt & Fruit Parfait
Orange Chicken Bowl
Pepperoni Pizza

Roasted Broccoli & Carrots, Celery Sticks, Garden Salad, Fresh Bananas

23

Kidzable
Crispy Chicken Sandwich
Cheesy Omelet w/ Cinnamon Pinwheel

Tater Tot Hash, Fresh Broccoli, Garden Salad, Orange Smiles

24

Turkey & Cheese Sandwich
Classic Mac & Cheese (V)
Frito Chili Pie

Green Beans, Baby Carrots, Garden Salad, Fresh Apples Slices

(V) Denotes a vegetarian friendly item

27

Yogurt & Fruit Parfait (V)
Italian Meatball Sub
Cheese Pizza (V)

Mixed Vegetables, Baby Carrots, Caesar Salad, Fresh Apples

28

Italian Deli Sandwich
French Toast Sticks & Sausage
Spaghetti with Meat Sauce

Tater Tots, Fresh Broccoli, Garden Salad, Diced Pears & Orange Smiles

29

Yogurt & Fruit Parfait
Sweet & Sour Chicken Bowl
Hot Dog

Roasted Broccoli & Carrots, Celery Sticks, Garden Salad, Fresh Bananas

30

Kidzable
Cheeseburger
Italian Dunkers (V)

Aztec Corn, Fresh Broccoli, Garden Salad, Orange Smiles

Menu subject to change based on product availability

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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		September 1 French Toast Sticks Fruit & Yogurt Smoothie Apple Slices	September 2 Honey Glazed Chicken Biscuit Chocolate Muffin Banana	September 3 Cinnamon Roll Fruit & Yogurt Smoothie Applesauce
September 6 NO SCHOOL LABOR DAY	September 7 Pancakes Yogurt & Fruit Parfait Diced Peaches	September 8 Oatmeal Round Yogurt & Fruit Parfait Banana	September 9 Breakfast Taco Roll Yogurt & Fruit Parfait Orange Smiles	September 10 Cinnamon Roll Yogurt & Fruit Parfait Applesauce
September 13 Confetti Pancakes Fruit & Yogurt Smoothie Diced Pears	September 14 Breakfast Pizza Fruit & Yogurt Smoothie Mixed Fruit	September 15 Banana Muffin Fruit & Yogurt Smoothie Orange Smiles	September 16 Egg & Cheese Biscuit Fruit & Yogurt Smoothie Banana	September 17 Oatmeal Round Fruit & Yogurt Smoothie Applesauce
September 20 NO SCHOOL	September 21 Breakfast Pizza Muffin Baked Cinnamon Apples	September 22 French Toast Sticks Pop Tart Orange Smiles	September 23 Biscuit & Sausage Gravy Muffin Diced Peaches	September 24 Toasted Waffles Yogurt & Fruit Parfait Applesauce
September 27 Oatmeal Round Yogurt & Fruit Parfait Diced Pears	September 28 Pancakes Yogurt & Fruit Parfait Mixed Fruit	September 29 Biscuit & Sausage Gravy Pop Tart Orange Smiles	September 30 Tater Tot Burrito Pop Tart Diced Pears	

Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.



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.



10% post-consumer



Nutrition Information is available upon request.