

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

NO SCHOOL  
LABOR DAY

NO SCHOOL  
LABOR DAY

**1**

Kidzable  
Turkey & Cheese Sandwich  
Sloppy Joe Sandwich  
Baked Penne Pasta (V)

Green Peas, Celery Sticks, Garden Salad, Fresh Banana

**2**

Yogurt & Fruit Parfait  
All American Sandwich  
Parmesan Chicken  
Mini Corndogs

Baked Beans, Fresh Broccoli, Garden Salad, Orange Smiles

**3**

Yogurt & Fruit Parfait  
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  
Chef Salad  
Spaghetti with Meatsauce  
Beefy Tot'chos

Mixed Vegetables, Fresh Broccoli, Garden Salad, Orange Smiles

**8**

Ham & Cheese Sandwich  
Chicken Caesar Salad  
Popcorn Chicken Bowl  
Hot Dog

Baked Beans, Fresh Broccoli, Garden Salad, Fresh Bananas

**9**

Yogurt & Fruit Parfait (V)  
Crispy Chicken Sandwich  
Spaghetti with Meatballs  
Teriyaki Chicken Rice Bowl

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

**10**

Yogurt & Fruit Parfait  
Crispy Chicken Wrap  
Gooney Grilled Cheese Sandwich  
Cheese Pizza (V)

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

Local ingredients used when seasonally available

**13**

Pizza Bento Box  
Yogurt & Fruit Parfait  
Hot Ham & Cheese Sandwich  
Breakfast 4 Lunch: Pancakes & Sausage

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

**14**

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

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

**15**

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

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

**16**

Fiesta Salad  
All American Sandwich  
Baked Penne Pasta (V)  
Chicken Nuggets

Green Beans, Fresh Broccoli, Garden Salad, Orange Smiles

**17**

Sunbutter & Jelly Sandwich  
Buffalo Chicken Wrap  
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**

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

Baked Beans, Fresh Broccoli, Garden Salad, Orange Smiles

**22**

Yogurt & Fruit Parfait  
Chef Salad  
Orange Chicken Bowl  
Pepperoni Pizza

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

**23**

Kidzable  
Fiesta Salad  
Crispy Chicken Sandwich  
Cheesy Omelet w/ Cinnamon Pinwheel

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

**24**

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

Green Beans, Baby Carrots, Garden Salad, Fresh Bananas

(V) Denotes a vegetarian friendly item

**27**

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

Mixed Vegetables, Baby Carrots, Caesar Salad, Fresh Apples

**28**

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

Tater Tots, Fresh Broccoli, Garden Salad, Orange Smiles

**29**

Yogurt & Fruit Parfait  
Fiesta Salad  
Sweet & Sour Chicken Bowl  
Hot Dog

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

**30**

Kidzable  
Crispy Chicken Wrap  
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.<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 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.