

Willow Creek & Golden Age PreK



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
			1	2	3		
		ALCO	Baked Penne Pasta (V)	Mini Corndogs	Cheese Pizza (V)		
		10.4	Green Peas Applesauce	Baked Beans	Roasted Broccoli & Carrots Apple Slices		
			Аррієѕайсе	Mixed Fruit	Apple Slices		
	Let's make this school year great!						
	6	7	8	9	10		
	No course	Spaghetti with Meat Sauce	Hot Dog	Crispy Chicken Sandwich	Cheese Pizza		
	NO SCHOOL LABOR DAY	Mixed Vegetables Diced Pears	Baked Beans Applesauce	Roasted Broccoli & Carrots Mixed Fruit	Celery Sticks Apple Slices		
		V G G G		313	MAN A		
	Local ingredients used when seasonally available						
j	13	14	15	16	17		
			NOON A		1		
	Breakfast 4 Lunch: Pancakes & Sausage	Lasagna Rollup (V)	Bean & Cheese Nachos	Chicken Nuggets	Cheese Pizza (V)		
	Baked Cinnamon Apples Diced Peaches	Roasted Broccoli & Carrots Diced Pears	Mexican Black Beans Banana	Green Beans Mixed Fruit	Mixed Vegetables Apple Slices		
	Variety of fat free and low fat milk are offered daily						
,	20	21	22	23	24		
			Pepperoni Pizza	Crispy Chicken Sandwich	Frito Chili Pie		
	NO SCHOOL	Italian Dunkers (V) Baked Beans	Roasted Broccoli & Carrots	Tater Tot Hash	Green Beans		
		Diced Pears	Banana	Mixed Fruit	Apple Slices		
) Denotes a vegetarian friendly item				
L	1	(V) Denotes a vegetarian friendly item					
	27	28	29	30			
	Cheese Pizza (V)	French Toast Sticks & Sausage	Hot Dog	Cheeseburger	E. T.		
	Mixed Vegetables Diced Peaches	Tater Tots Diced Pears	Roasted Broccoli & Carrots Applesauce	Aztec Corn Mixed Fruit			
	65	Dioce i dais		1/5	9		
L		Menu sub	ject to change based on product ava	ailability			

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/.



odexo 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

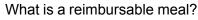
BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		September 1 Assorted Cereal Juice Milk	September 2 Assorted Cereal Juice Milk	September 3 Assorted Cereal Juice Milk
September 6 NO SCHOOL LABOR DAY	September 7 Assorted Cereal Juice Milk	September 8 Assorted Cereal Juice Milk	September 9 Assorted Cereal Juice Milk	September 10 Assorted Cereal Juice Milk
September 13 Assorted Cereal Juice Milk	September 14 Assorted Cereal Juice Milk	September 15 Assorted Cereal Juice Milk	September 16 Assorted Cereal Juice Milk	September 17 Assorted Cereal Juice Milk
September 20 NO SCHOOL	September 21 Assorted Cereal Juice Milk	September 22 Assorted Cereal Juice Milk	September 23 Assorted Cereal Juice Milk	September 24 Assorted Cereal Juice Milk
September 27 Assorted Cereal Juice Milk	September 28 Assorted Cereal Juice Milk	September 29 Assorted Cereal Juice Milk	September 30 Assorted Cereal Juice Milk	

Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced
- thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- 1/4 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.
- Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.



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.







