

MONDAY



TUESDAY



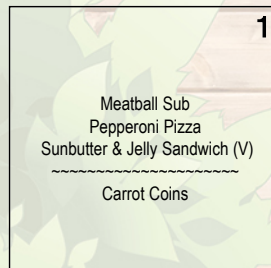
WEDNESDAY



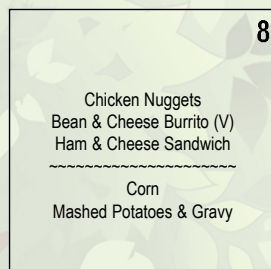
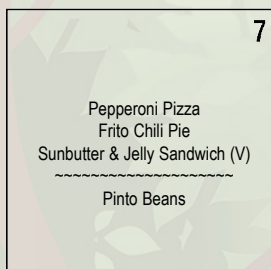
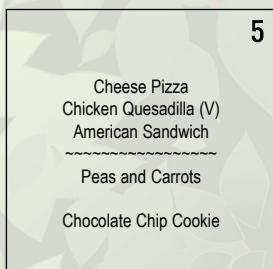
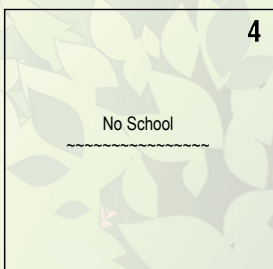
THURSDAY



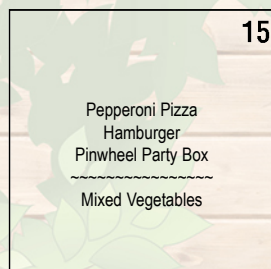
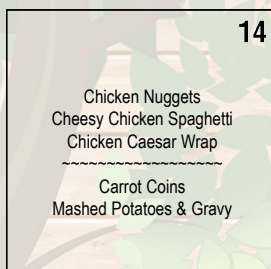
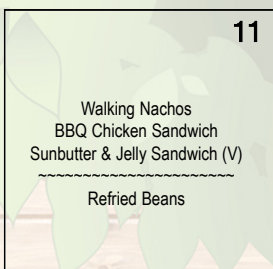
FRIDAY



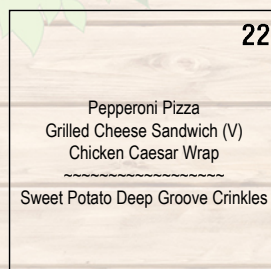
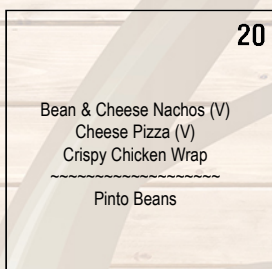
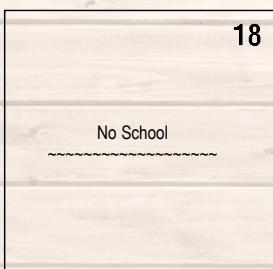
Fresh Pick of the Month: Apples



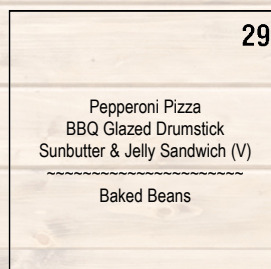
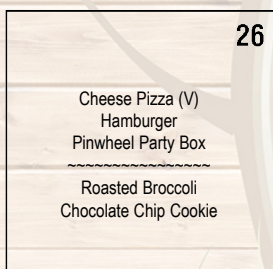
Local ingredients used when seasonally available



Variety of fat-free and non-fat milk offered daily



(V) denotes vegetarian-friendly item



Menu subject to change based on product availability

This institution is an equal opportunity provider.

The Big 9

Approximately 90% of food allergy reactions occur from one of nine common foods in the U.S. known as "The Big 9." These foods include: milk, eggs, peanuts, sesame, tree nuts, fish, crustacean shellfish, wheat and soy. More than 160 foods have been identified to cause food allergies in sensitive individuals. There are also several food ingredients that cause nonallergic hypersensitivity reactions in sensitive individuals.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 Information available at:
<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

2.Food Allergy Research & Education (FARE)
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 Waffle Flatbread Stacker Cinnamon Toast Apple Slices ~~~~~ Fruit Juice and Milk
September 4 No School ~~~~~	September 5 Biscuits & Gravy Cinnamon Toast Orange Smiles ~~~~~ Fruit Juice and Milk	September 6 Breakfast Pizza Buttery Toast Bananas ~~~~~ Fruit Juice and Milk	September 7 H&C English Muffin Donut Peaches ~~~~~ Fruit Juice and Milk	September 8 Waffle Flatbread Stacker Cinnamon Toast Apple Slices ~~~~~ Fruit Juice and Milk
September 11 Cinnamon Toast Crunch Bar Buttery Toast Apple Sauce ~~~~~ Fruit Juice and Milk	September 12 Biscuits & Gravy Cinnamon Roll Orange Smiles ~~~~~ Fruit Juice and Milk	September 13 Breakfast Pizza Buttery Toast Bananas ~~~~~ Fruit Juice and Milk	September 14 H&C English Muffin Oatmeal Craisins ~~~~~ Fruit Juice and Milk	September 15 Sausage Biscuit Cinnamon Toast Apple Slices ~~~~~ Fruit Juice and Milk
September 18 No School ~~~~~	September 19 Biscuits and Gravy Cinnamon Toast Orange Smiles ~~~~~ Fruit Juice and Milk	September 20 Breakfast Pizza Buttery Toast Bananas ~~~~~ Fruit Juice and Milk	September 21 H&C English Muffin Donut Peaches ~~~~~ Fruit Juice and Milk	September 22 English Muffin Cinnamon Toast Apple Slices ~~~~~ Fruit Juice and Milk
September 25 French Toast Sticks Buttery Toast Applesauce ~~~~~ Fruit Juice and Milk	September 26 Biscuits & Gravy Cinnamon Roll Orange Smiles ~~~~~ Fruit Juice and Milk	September 27 Breakfast Pizza Buttery Toast Bananas ~~~~~ Fruit Juice and Milk	September 28 H&C English Muffin Oatmeal Craisins ~~~~~ Fruit Juice and Milk	September 29 Waffle Flatbread Stacker Cinnamon Toast Apple Slices ~~~~~ Fruit Juice and Milk

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

Variety of cereal, fat-free, & low-fat milk offered daily

Nutrition Information is available upon request.