

Fogarty, Central, Cotteral & Charter Oak



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAR				
- 18 M				Meatball Sub
100		W		Pepperoni Pizza Sunbutter & Jelly Sandwich (V)
				Carrot Coins
				Carrot Coins
A L		Fresh Pick of the Month: Apples		X. P. 5.
4	5	6	7	8
				60
	Cheese Pizza Chicken Quesadilla (V)	Grilled Cheese Sandwich (V)	Pepperoni Pizza	Chicken Nuggets
No School	American Sandwich	Spaghetti & Meatballs Turkey & Cheese Sandwich	Frito Chili Pie Sunbutter & Jelly Sandwich (V)	Bean & Cheese Burrito (V) Ham & Cheese Sandwich
	Peas and Carrots	~~~~~~~~~~	~~~~~~~~~~	Corn
	Chocolate Chip Cookie	Roasted Broccoli	Pinto Beans	Mashed Potatoes & Gravy
	Local in	gredients used when seasonally av	ailable	
11	12	13	14	15
		A AVA		
Walking Nachos	Macaroni & Cheese (V) Garlic Knot	Breakfast 4 Lunch	Chicken Nuggets Cheesy Chicken Spaghetti	Pepperoni Pizza
BBQ Chicken Sandwich Sunbutter & Jelly Sandwich (V)	Corn Dog Crispy Chicken Wrap	Cheese Pizza (V) American Sandwich	Chicken Caesar Wrap	Hamburger Pinwheel Party Box
~~~~~~~	~~~~~~~~~~~	~~~~~~~~~	Carrot Coins	~~~~~~~~~
Refried Beans	Roasted Broccoli Chocolate Chip Cookie	Baked Apples	Mashed Potatoes & Gravy	Mixed Vegetables
	Variety	of fat-free and non-fat milk offered	daily	
18	19	20	21	22
	01:1 0 W W			
No School	Chicken & Waffles Lasagna	Bean & Cheese Nachos (V) Cheese Pizza (V)	Twisted Dog	Pepperoni Pizza Grilled Cheese Sandwich (V)
NO SCHOOL	Buffalo Chicken Wrap	Crispy Chicken Wrap	Orange Chicken Sunbutter & Jelly Sandwich (V)	Chicken Caesar Wrap
	Roasted Squash & Zucchini Chocolate Chip Cookie	Pinto Beans	Green Peas	Sweet Potato Deep Groove Crinkles
		(0		
	(V	) denotes vegetarian-friendly item		
			AND DESCRIPTION OF THE PARTY OF	
25	26	27	28	29
	Cheese Pizza (V)			
Crispy Chicken Sandwich Baked Penne (V) American Sandwich		BBQ Riblet Sandwich Chicken Nuggets Strawberry Banana Parfait (V)	Beefy Totchos Cheese Quesadilla (V) Crispy Chicken Wrap	Pepperoni Pizza BBQ Glazed Drumstick Sunbutter & Jelly Sandwich (V)
Crispy Chicken Sandwich Baked Penne (V)	Cheese Pizza (V) Hamburger Pinwheel Party Box  Roasted Broccoli	BBQ Riblet Sandwich Chicken Nuggets	Beefy Totchos Cheese Quesadilla (V)	Pepperoni Pizza BBQ Glazed Drumstick
Crispy Chicken Sandwich Baked Penne (V) American Sandwich	Cheese Pizza (V) Hamburger Pinwheel Party Box	BBQ Riblet Sandwich Chicken Nuggets Strawberry Banana Parfait (V)	Beefy Totchos Cheese Quesadilla (V) Crispy Chicken Wrap	BBQ Glazed Drumstick Sunbutter & Jelly Sandwich (V)

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.liftoffsplayground.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	September 6 Breakfast Pizza Buttery Toast Bananas	September 7 H&C English Muffin Donut Peaches	September 8 Waffle Flatbread Stacker Cinnamon Toast Apple Slices
	Fruit Juice and Milk	Fruit Juice and Milk	Fruit Juice and Milk	Fruit Juice and Milk
September 11 Cinnamon Toast Crunch Bar Buttery Toast Apple Sauce	September 12 Biscuits & Gravy Cinnamon Roll Orange Smiles	September 13 Breakfast Pizza Buttery Toast Bananas	September 14 H&C English Muffin Oatmeal Craisins	September 15 Sausage Biscuit Cinnamon Toast Apple Slices
Fruit Juice and Milk	Fruit Juice and Wilk	Fruit Juice and Wilk	Fruit Juice and Willk	Fruit Juice and Willik
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
September 25 French Toast Sticks Buttery Toast Applesauce	September 26 Biscuits & Gravy Cinnamon Roll Orange Smiles	September 27 Breakfast Pizza Buttery Toast Bananas	September 28 H&C English Muffin Oatmeal Craisins	September 29 Waffle Flatbread Stacker Cinnamon Toast Apple Slices
Fruit Juice and Milk	Fruit Juice and Milk	Fruit Juice and Milk	Fruit Juice and Milk	Fruit Juice and Milk

## Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 1/2 Tbsp olive oil
- 1/4 c onion (small dice)
- 1/2 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.
- In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
- Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
- 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.
- Bring to a medium boil and then simmer for 2 minutes. Gamish with parsley and serve.

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