

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Pepperoni Pizza or Ham and Cheese Sandwich Carrot Coins Orange Smiles
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Fresh Pick of the Month: Apples!

4 No School	5 Cheese Pizza or American Sandwich Peas and Carrots Applesauce Chocolate Chip Cookie	6 Grilled Cheese Sandwich (V) or Turkey and Cheese Sandwich Roasted Broccoli Apple Slices	7 Pepperoni Pizza or Yogurt Parfait Pinto Beans Bananas	8 Chicken Nuggets or Ham and Cheese Sandwich Corn Orange Smiles
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Local ingredients used when seasonally available

11 Chicken Sandwich or Ham and Cheese Sandwich Refried Beans Canned Peaches	12 Macaroni & Cheese (V) or Turkey and Cheese Sandwich Roasted Broccoli Applesauce Chocolate Chip Cookie	13 Cheese Pizza (V) or American Sandwich Baked Apples Apple Slices	14 Chicken Nuggets or Yogurt Parfait Carrot Coins Bananas	15 Hamburger or Pinwheel Party Box Mixed Vegetables Orange Smiles
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Variety of fat-free and non-fat milk offered daily

18 No School	19 Chicken & Waffles or Ham and Cheese Sandwich Roasted Squash & Zucchini Applesauce Chocolate Chip Cookie	20 Cheese Pizza (V) or Turkey and Cheese Sandwich Pinto Beans Apple Slices	21 Twisted Dog or American Sandwich Green Peas Bananas	22 Grilled Cheese Sandwich (V) or Yogurt Parfait Sweet Potato Deep Groove Crinkles Orange Smiles
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(V) denotes vegetarian-friendly item

25 Crispy Chicken Sandwich or American Sandwich Roasted Green Beans Canned Peaches	26 Cheese Pizza (V) or Ham and Cheese Sandwich Roasted Broccoli Applesauce Chocolate Chip Cookie	27 Chicken Nuggets or Yogurt Parfait Small Fries Apple Slices	28 Cheese Quesadilla (V) or Turkey and Cheese Sandwich Mexican Roasted Corn Bananas	29 Pepperoni Pizza or Ham and Cheese Sandwich Baked Beans Orange Smiles
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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.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Juices offered daily include: Apple Juice, Orange Juice, & Grape Juice				September 1 Cereal or Breakfast Bar Apple Slices ~~~~~ Fruit Juice and Milk
September 4 No School ~~~~~	September 5 Cereal or Muffin Orange Smiles ~~~~~ Fruit Juice and Milk	September 6 Cereal or Breakfast Bar Bananas ~~~~~ Fruit Juice and Milk	September 7 Cereal or Donut Peaches ~~~~~ Fruit Juice and Milk	September 8 Cereal or Cinnamon Toast Bar Apple Slices ~~~~~ Fruit Juice and Milk
September 11 Cereal or Breakfast Bar Applesauce ~~~~~ Fruit Juice and Milk	September 12 Cereal or Cinnamon Roll Orange Smiles ~~~~~ Fruit Juice and Milk	September 13 Cereal or Muffin Bananas ~~~~~ Fruit Juice and Milk	September 14 Cereal or Breakfast Bar Craisins ~~~~~ Fruit Juice and Milk	September 15 Cereal or Poptart Blueberries ~~~~~ Fruit Juice and Milk
September 18 No School ~~~~~	September 19 Cereal or Cinnamon Toast Bar Orange Smiles ~~~~~ Fruit Juice and Milk	September 20 Cereal or Muffin Bananas ~~~~~ Fruit Juice and Milk	September 21 Cereal or Donut Peaches ~~~~~ Fruit Juice and Milk	September 22 Cereal or Breakfast Bar Blueberries ~~~~~ Fruit Juice and Milk
September 25 Cereal or Breakfast Bar Applesauce ~~~~~ Fruit Juice and Milk	September 26 Cereal or Cinnamon Roll Orange Smiles ~~~~~ Fruit Juice and Milk	September 27 Cereal or Muffin Bananas ~~~~~ Fruit Juice and Milk	September 28 Cereal or Toast w/Jelly Craisins ~~~~~ Fruit Juice and Milk	September 29 Cereal or Poptart Blueberries ~~~~~ 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.