

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1**

No School  
Labor Day

**2**

Tacos on WG Tortilla Served with Pico  
De Gallo & Sour Cream  
or Cheesy Caesar Wrap on WG  
Tortilla

**3**

Turkey Pepperoni Pizza  
Cheese Pizza  
or  
Greek Salad  
Served with a WG Roll

\*Pizza served on WG crust

**4**

Homemade Italian Pasta Bake w/ WG  
Penne Pasta and Meat Sauce  
or  
Mozzarella Pesto Cheese Sandwich

**5**

Oven Baked Chicken Tenders  
W/ Oven Baked Fries  
or  
Grilled Cheese Sandwich  
W/ Oven Baked Fries  
or  
Garden Salad w/ WG Roll

**8**

Beef Teriyaki Meatballs with Yakisoba  
Noodles and Stir Fry Veggies  
or  
Crispy Tofu with Yakisoba Noodles  
and Stir Fry Veggies  
or  
Garden Salad w/ WG Garlic Butter  
Roll

**9**

Breakfast For Lunch  
WG Waffles Oven Baked Turkey  
Sausage Links & Tater Tots  
or  
Charcuterie Box (Fresh Fruit,  
Vegetables, Hummus, and WG  
Crackers)

**10**

Turkey Pepperoni, Cheese, or Korean  
BBQ Margherita Pizza  
or  
Garden Salad w/ WG Roll

\*Pizza Served on WG Crust

**11**

Homemade Chicken Parmesan w/  
WG Penne Pasta & Marinera Sauce  
or  
Oven Baked Cheese Enchilada

**12**

Flame Grilled Beef Hamburger or  
Cheeseburger or Veggie Burger  
Served with Oven Baked French Fries

**15**

HOMEMADE CHICKEN ADOBO  
SERVED W/ BROWN RICE &  
STEAMED BROCCOLI  
OR  
HOMEMADE CHEESE QUESADILLA  
SERVED ON WG TORTILLA

**16**

Tacos on WG Tortilla Served with Pico  
De Gallo & Sour Cream  
or  
Cheesy Caesar Wrap on WG Tortilla

**17**

HAWAIIAN, FOUR CHEESE (V),  
TURKEY PEPPERONI PIZZA  
OR  
HUMMUS BOX  
\*PIZZA SERVED ON WG CRUST

**18**

Homemade Italian Pasta Bake w/ WG  
Penne & Meat Sauce  
or Oven Baked Cheese Quesadilla on  
a WG Tortilla

**19**

Oven Baked Chicken Tenders w/  
Baked French Fries  
or  
Grilled Cheese Sandwich w/ Baked  
French Fries  
or  
Garden Salad w/ WG Roll

**22**

Beef Teriyaki Meatballs with Yakisoba  
Noodles and Stir Fry Veggies  
or  
Crispy Tofu with Yakisoba Noodles  
and Stir Fry Veggies  
or  
Garden Salad w/ WG Garlic Butter  
Roll

**23**

Breakfast For Lunch  
WG Waffles Oven Baked Turkey  
Sausage Links & Tater Tots  
or  
Charcuterie Box (Fresh Fruit,  
Vegetables, Hummus, and WG  
Crackers)

**24**

Turkey Pepperoni Pizza or Cheese  
Pizza  
or  
Greek Salad  
Served with a WG Roll

\*Pizza served on WG crust

**25**

Homemade Chicken Parmesan w/  
WG Penne Pasta & Marinera Sauce  
or  
Oven Baked Cheese Enchilada

**26**

Flame Grilled Beef Hamburger or  
Cheeseburger or Veggie Burger  
Served with Oven Baked French Fries

**29**

HOMEMADE CHICKEN ADOBO  
SERVED W/ BROWN RICE &  
STEAMED BROCCOLI  
OR  
HOMEMADE CHEESE QUESADILLA  
SERVED ON WG TORTILLA

**30**

HOMEMADE TURKEY BARBACOA  
TACOS ON WG TORTILLA SERVED  
W/ PICO DE GALLO & SOUR  
CREAM  
OR  
CHEESY CAESAR WRAP ON WG  
TORTILLA



## 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.<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 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](http://www.liftoffplayground.com)

## BREAKFAST

### Breakfast

**MONDAY:** Assorted WG Bagels With Cream Cheese Spread

**TUESDAY:** Overnight Oat Made with Organic Straus Yogurt

**WEDNESDAY:** Homemade WG French Toast Served with Caramelized Apples

**THURSDAY:** Organic Straus Yogurt Fruit Smoothies

**FRIDAY:** Homemade Breakfast Bake Egg Bites with Cage Free Eggs and Nitrate Free Turkey Ham

Nature's Path Organic & Gluten Free Cereal and Graham Crackers (GF) are Served Daily. We Offer Fruit with Your Breakfast Meal and a Variety of Milk

Sun Butter & Jelly Sandwich Available Daily  
Menu Subject to Change

USDA is an Equal Opportunity Provider, Employer, and Lender

**sodexo**



Please look for these icons in your cafeteria.