

Moraga

3

MONDAY

No School

Labor Day

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

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

Turkey Pepperoni Pizza Cheese Pizza Greek Salad

Served with a WG Roll *Pizza served on WG crust Homemade Italian Pasta Bake w/ WG Penne Pasta and Meat Sauce or

Mozzarella Pesto Cheese Sandwich

Oven Baked Chicken Tenders

W/ Oven Baked Fries Grilled Cheese Sandwich W/ Oven Baked Fries

Garden Salad w/ WG Roll

8

Beef Teriyaki Meatballs with Yakisoba Noodles and Stir Fry Veggies

Crispy Tofu with Yakisoba Noodles and Stir Fry Veggies

Garden Salad w/ WG Garlic Butter Roll

9

2

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

10

Turkey Pepperoni, Cheese, or Korean BBQ Margherita Pizza

Garden Salad w/ WG Roll

*Pizza Served on WG Crust

11

4

Homemade Chicken Parmesan w/ WG Penne Pasta & Marinera Sauce

Oven Baked Cheese Enchilada

12

5

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 HOMEMADE CHEESE QUESADILLA SERVED ON WG TORTILLA

16

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

17

HAWAIIANI, FOUR CHEESE (V), TURKEY PEPPERONI PIZZA OR HUMMUS BOXII

I*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 Grilled Cheese Sandwich w/ Baked

French Fries

Garden Salad w/ WG Roll

22

Beef Teriyaki Meatballs with Yakisoba Noodles and Stir Fry Veggies Crispy Tofu with Yakisoba Noodles

and Stir Fry Veggies Garden Salad w/ WG Garlic Butter 23

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

Crackers)

24

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

*Pizza served on WG crust

25

Homemade Chicken Parmesan w/ WG Penne Pasta & Marinera Sauce

Oven Baked Cheese Enchilada

26

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

29

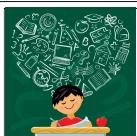
HOMEMADE CHICKEN ADOBO SERVED W/ BROWN RICE & STEAMED BROCCOLI OR HOMEMADE CHEESE QUESADILLA

SERVED ON WG TORTILLA

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







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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

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

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