

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

CHEESY BEEF TACO QUESADILLA
WITH
BAKED FRIES
OR
HOUSE MADE GRILLED CHEESE
SANDWICH WITH TOMATO SOUP

2

TURKEY PEPPERONI, TURKEY
HAM AND
PINEAPPLE, FOUR CHEESE (V)
PIZZA
OR
CHEF SALAD SERVED WITH
DINNER ROLL
PIZZA SERVED ON WW CRUST

3

HOUSE MADE THAI CHICKEN
AND PINEAPPLE FRIED RICE
OR
EGGPLANT PARMESAN SERVED
WITH
BROWN RICE

4

OVEN BAKED CHICKEN TENDERS
SERVED
W OVEN BAKED FRIES
OR
CHEESE QUESADILLA SERVED
WITH OVEN BAKED FRIES

7

NO SCHOOL
LABOR DAY

8

GLAZED CHICKEN LEG WITH
CORN ON THE
COB SERVED WITH A WG ROLL
OR
GRILLED CHEESE SANDWICH
WITH CRISPY BAKED FRIES

9

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

10

CHICKEN ALFREDO SERVED
OVER WG PENNE PASTA
SERVED WITH FRESH BROCCOLI
OR
WG PESTO PENNE PASTA
SERVED WITH FRESH BROCCOLI

11

BEEF ENCHILADAS
SERVED WITH RED BEANS AND
RICE
OR
WG CHEESE QUESADILLA
SERVED WITH BAKED FRIES

FRESH FRUIT VEGETABLES AND MILK SERVED DAILY

14

BREAKFAST FOR LUNCH
WAFFLE, TURKEY SAUSAGE, AND
TOTS
OR
FRESH FRUIT MEDLEY WITH
COTTAGE CHEESE

15

BEEF TACOS
SERVED WITH SPANISH RICE
OR
BEAN AND CHEESE BURRITO
SERVED
WITH CHIPS AND SALSA

16

TURKEY PEPPERONI, MARGARITA
FOUR CHEESE (V) PIZZA
OR
GARDEN GREEK SALAD W/
GARBANZO
BEANS & PARMESAN CHEESE
SERVED
W/ WG ROLL
*PIZZA SERVED ON WG CRUST

17

HOUSEMADE BEEF LASAGNA
W/VINE
RIPENED TOMATO SAUCE
OR
PENNE ALFREDO W/ FRESH
BROCCOLI SERVED W/WG ROLL

18

OVEN BAKED CHICKEN TENDERS
SERVED
W OVEN BAKED FRIES
OR
CHEESE QUESADILLA SERVED
WITH OVEN BAKED FRIES

21

HEARTY 3 BEAN CHILI SERVERD
WITH WG
TORTILLA CHIPS
OR
OVEN BAKED POTATO SERVED
WITH CHILI,
CHEDDAR CHEESE, OR SOUR
CREAM

22

CHICKEN FAJITAS
SERVED WITH PINTO BEANS
OR
HOUSE MADE VEGETABLE
WRAP
SERVED
WITH CARROT STICKS

23

KOREAN BBQ, TURKEY
PEPPERONI, CHEESE PIZZA
OR
HEARTY GARDEN SALAD W/ WG
ROLL
*PIZZA SERVED ON WG CRUST

24

CHICKEN PARMESAN W/WG
PENNE PASTA AND MARINARA
OR
WG PENNE PASTA W/ MARINARA
AND PARMESAN
SERVED WITH WARM DINNER
ROLL

25

ALL AMERICAN ORGANIC
BEEF BURGER
CHEESEBURGER
VEGETARIAN BURGER
SERVED WITH OVEN BAKED
FRENCH FRIES

28

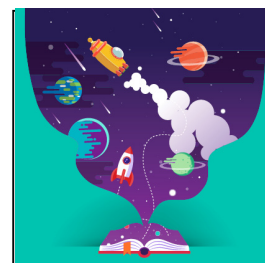
BBQ CHICKEN WITH WEDGE CUT
FRIES
AND A WG ROLL
OR
TOMATO, MOZZARELLA, PESTO
MELT
ON A SOFT PITA

29

TACO SALAD SEVERD IN A
WG TORTILLA SHELL
OR
BEAN AND CHEESE BURRITO
WRAPPED IN
A WG TORTILLA SERVED WITH
FRIES

30

TURKEY PEPPERONI, TURKEY
HAM AND
PINEAPPLE, FOUR CHEESE (V)
PIZZA
OR
FRESH MADE CHARCUTERIE
PIZZA SERVED ON WW CRUST



SUN BUTTER AND JELLY SANDWICHES AVAILABLE
Menu subject to change

USDA is an equal opportunity provider, employer, and lender.

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.liftoffstplayground.com

BREAKFAST

Breakfast

MONDAY:

ORGANIC STRAUS YOGURT FRUIT SMOOTHIE

TUESDAY:

ASSORTED WHOLE GRAIN BAGEL WITH CREAM CHEESE SPREAD

WEDNESDAY:

BREAKFAST BURRITO MADE WITH

TURKEY SAUSAGE, EGG, CHEESE, POTATO

WRAPPED IN A WHOLE WHEAT TORTILLA

THURSDAY:

FRESHLY BAKED MUFFINS

FRIDAY:

HOUSE MADE PEACH BREAKFAST COBBLER

GLUTEN FREE NATURE'S PATH ORGANIC CEREAL WITH GLUTEN FREE GRAHAM CRACKERS ARE SERVED DAILY. WE OFFER A VARIETY OF MILK AND FRUIT TO COMPLETE YOUR BREAKFAST MEAL.

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.

sodexo



Please look for these icons in your cafeteria.