

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:

Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A
1/2 CUP OF FRUIT OR VEGGIE!



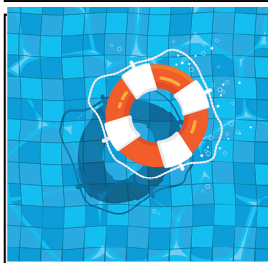
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5

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WELCOME BACK!!

12

OVEN BAKED CHICKEN TENDERS
W/ FRENCH FRIES
OR
CHARCUTERIE BOX W/ HOUSE
MADE HUMMUS OR ALL-NATURAL
SLICED TURKEY BREAST, FRESH
VEGETABLES AND FRUIT, CHEESE
CUBES & WG CRACKERS

Pizza Pizza

13

FRESH BAKED WHOLE GRAIN
CRUST
TURKEY PEPPERONI
FOUR CHEESE(V)
OR
GARDEN GREEK SALAD W/
GARBANZO BEANS AND
PARMESAN CHEESE W/ WG ROLL

14

HOMEMADE BEEF LASAGNA W/
VINE RIPENED TOMATO SAUCE
OR
HOMEMADE PENNE ALFREDO W/
PARMESAN, CHERRY TOMATOES &
CHOPPED BASIL
OR
HOUSE MADE HUMMUS BOX

15

GRILLED CHEESE SANDWICH ON
WHOLE GRAIN BREAD &
COLESLAW
OR
HOMEMADE BEAN & CHEESE
BURRITO ON WHOLE GRAIN
FLOUR TORTILLA
SERVED W/ FRENCH FRIES
OR
HEARTY GARDEN SALAD W/ WG

MILK OFFERED DAILY WITH ALL MEALS, FRESH FRUIT AND VEGETABLES OFFERED DAILY. ENTREE SALADS ARE SERVED WITH STRING CHEESE

18

HOMEMADE HONEY CITRUS LIME
CHICKEN BOWL W/ ROASTED
BELL PEPPERS AND BROWN RICE
OR
HOMEMADE CHEESE QUESADILLA
SERVED ON WG FLOUR TORTILLA
W/ SIDE OF PICO DE GALLO

19

HOMEMADE MONGOLIAN BBQ
BEEF
OR
ASIAN BBQ CRISPY BAKED TOFU
W/ ROASTED GARLIC BROCCOLI
AND BROWN RICE
OR
GARDEN GREEN SALAD &
PARMESAN W/ GARLIC BUTTER
ROLL

20

Pizza Pizza
FRESH BAKED WHOLE GRAIN
CRUST
BBQ CHICKEN
FOUR CHEESE(V)
OR
HEARTY GARDEN SALAD W/ WG
ROLL

21

HOMEMADE TERIYAKI CHICKEN
STIR FRY
OR
HOUSEMADE CRISPY TERIYAKI
BAKED TOFU BITES
W/ WG LO MEIN NOODLES AND
STIR FRY VEGGIES
OR
HEARTY GARDEN SALAD W/ WG
ROLL

22

FLAME GRILLED ALL BEEF
HAMBURGER
OR
PARMESAN CHICKEN BURGER
OR
VEGGIE BURGER
ALL SERVED W/ OVEN BAKED
FRENCH FRIES

MILK OFFERED DAILY WITH ALL MEALS, FRESH FRUIT AND VEGETABLES OFFERED DAILY. ENTREE SALADS ARE SERVED WITH STRING CHEESE

25

MOZZARELLA CHEESE & PESTO
HERO SANDWICH ON FRENCH
ROLL W/ PASTA SALAD (V)
OR
CHARCUTERIE BOX W/ HOUSE
MADE HUMMUS OR ALL-NATURAL
SLICED TURKEY BREAST, FRESH
VEGETABLES & FRUIT, CHEESE
CUBES & WG CRACKERS

26

HOMEMADE CHEESE & CHICKEN
ENCHILADAS W/ SPANISH RICE
OR
HOMEMADE VEGETARIAN CHILI W/
WHOLE GRAIN TORTILLA CHIPS
OR
HEARTY GARDEN SALAD W/
GARLIC BUTTER WG ROLL

27

PIZZA PIZZA
FRESH BAKED WHOLE GRAIN
CRUST
HAWAIIAN
FOUR CHEESE (V)
OR
CHEF SALAD W/ WG ROLL

28

HOMEMADE BEEF LASAGNA W/
VINE-RIPENED TOMATO SAUCE
OR
HOMEMADE PENNE ALFREDO W/
PARMESAN, CHERRY TOMATOES
& BASIL
SERVED W/ WG BUTTER GARLIC
ROLL
OR
HOUSE MADE HUMMUS BOX

29

OVEN BAKED CHICKEN TENDERS
OR
SWISS VEGGIE BURGER
SERVED WITH OVEN BAKED
FRENCH FRIES
OR
HEARTY GARDEN SALAD W/ WG
ROLL

Sun Butter and Jelly Sandwich Available Daily Offered with String Cheese

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

MONDAY: PEACHES & CREAM OVERNIGHT OATS W/ ORGANIC STRAUS YOGURT

TUESDAY: ASSORTED WHOLE GRAIN BAGEL AND CREAM CHEESE SPREAD

WEDNESDAY: HOMEMADE WHOLE GRAIN FRENCH TOAST WITH CARAMELIZED APPLES

THURSDAY: ORGANIC STRAUS YOGURT FRUIT SMOOTHIES W/ DARK CHERRIES AND FRESH BERRIES

FRIDAY: HOMEMADE BREAKFAST BAKE W/ 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

Fresh Pick Recipe

STRAWBERRY BANANA
SANDWICHES
(SERVES 4)

- 1/4 cup bananas (sliced)
- 1/2 cup strawberries (sliced)
- 4-2.4 oz. slices french toast
- 1/4 cup light cream cheese

1. Slice bananas and strawberries 1/4".
2. To build sandwich:
 - Spread 1 Tbsp cream cheese on each slice of frozen French toast.
 - Place 1/8 cup sliced banana on top of cream cheese on 1 slice of bread.
 - Top banana with 1/4 cup sliced strawberries.
 - Close sandwich with 2nd slice of bread.
 - Place sandwiches on parchment lined sheet pans.
3. At service, cut sandwiches in half diagonally.

NUTRITION FACTS:
175 calories, 5.59g fat,
280mg sodium, 2.66g fiber



Please look for these icons in your cafeteria.