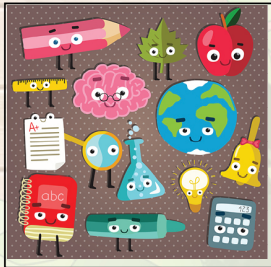


### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

5

No School  
Labor Day Holiday

6

**Breakfast:**  
Cherry Frudel (v)  
**Lunch:**  
Breakfast for Lunch: Pancakes and Sausage  
Chicken Burger  
Chef Salad with WG Rolls  
Italian Sub

7

**Breakfast:**  
Mini Maple Waffles  
**Lunch:**  
Bean and Cheese Nachos (v)  
BBQ Chicken Sandwich  
Buffalo Chicken Wrap  
Fresh Garden Salad

8

**Breakfast:**  
Mini Blueberry Pancakes  
**Lunch:**  
Baked Penne Pasta (v)  
Cheese Pizza  
American Sandwich  
Fruit & Yogurt Parfait (v)

9

**Breakfast:**  
Ultimate Breakfast Round (v)  
**Lunch:**  
Corn Dog  
Chicken Nuggets w/WG Roll  
Sunbutter and Jelly Sandwich (v)  
Popcorn Chicken Salad with WG Roll

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

12

**Breakfast:**  
Turkey Sausage Breakfast Pizza  
**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Pork Rib-B-Que Sandwich  
Ham & Cheese Sandwich  
Chef Salad

13

**Breakfast:**  
Pancake Bites with Cinnamon & Sugar (v)  
**Lunch:**  
Mini Cheese Ravioli with WG Roll (v)  
Hamburger or Cheeseburger  
Veggie Burger (v)  
Crispy Chicken Salad

14

**Breakfast:**  
Ultimate Breakfast Round  
**Lunch:**  
Orange Chicken Rice Bowl  
Baked Corn Dog  
Sunbutter & Jelly Sandwich (v)  
Chef Salad with WG Rolls

15

**Breakfast:**  
WG Muffin (v)  
**Lunch:**  
Macaroni and Cheese (v)  
Pepperoni Pizza  
Fruit & Yogurt Parfait (v)  
Garden Salad with WG Rolls (v)

16

**Breakfast:**  
Bagel with Cream Cheese  
**Lunch:**  
Pretzel w/Cheese Sauce  
Baked Corn Dog  
Turkey & Cheese Sandwich  
Chef Salad

19

**Breakfast:**  
Mini French Toast (v)  
**Lunch:**  
Meatball Marinara Sub  
Chicken Nuggets with WG Roll  
Chef Salad with WG Rolls  
Turkey & Cheese Sandwich

20

**Breakfast:**  
Cinnamon Roll (v)  
**Lunch:**  
Breakfast for Lunch: French Toast Sticks and Sausage  
**Taco Tuesday:** Beef Soft Taco  
Italian Sub  
Fruit & Yogurt Parfait (v)

21

**Breakfast:**  
Mini Maple Pancakes  
**Lunch:**  
Sweet & Sour Chicken Rice Bowl  
Hot Dog  
Turkey Taco Salad with WG Tortilla Chips  
Sunbutter & Jelly Sandwich (v)

22

**Breakfast:**  
Cherry Frudel (v)  
**Lunch:**  
Cheese Pizza (v)  
Beef Nachos  
Crispy Chicken Wrap  
Chef Salad

23

**Breakfast:**  
Breakfast Round (v)  
**Lunch:**  
Cheesy Breadsticks w/Marinara (v)  
Scratch Made Sloppy Joe  
American Sandwich  
Chicken Caesar Salad with WG Rolls

26

**Breakfast:**  
Mini Blueberry Pancakes (v)  
**Lunch:**  
Bean and Cheese Burrito (v)  
Hamburger or Cheeseburger  
Veggie Burger (v)  
Garden Salad

27

**Breakfast:**  
Biscuit & Gravy  
**Lunch:**  
Chicken Alfredo Pasta  
Chicken Burger  
Sunbutter and Jelly Sandwich (v)  
Fresh Garden Salad with WG Roll

28

**Breakfast:**  
Ultimate Breakfast Round  
**Lunch:**  
Hot Dog  
Pretzel with Cheese Sauce (v)  
Turkey & Cheese Sandwich  
Chef Salad with WG Roll

29

**Breakfast:**  
Mini Maple Waffles (v)  
**Lunch:**  
Turkey Gravy over Mashed Potatoes with WG Rolls  
Cheese Pizza  
American Sandwich  
Fruit & Yogurt Parfait (v)

30

**Breakfast:**  
Homemade Muffin Square (v)  
**Lunch:**  
Baked Corn Dog  
Fish & Chips  
Southwest Chicken Wrap  
Turkey & Cheese Sandwich

(v) = meatless option



## The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.<sup>1</sup> Called "The Big 8," these foods include: milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat and soy. Although these are the most commonly allergenic foods, more than 160 different foods have been indicated in food allergy reactions.<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: What you need to know. Available at <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/ucm079311.htm>.

### 2. Food Allergy Research & Education.

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.

[liftoffsplayground.com](http://liftoffsplayground.com)

## Be a PAL to Friends with Food Allergies: It Can Help Protect A Life (PAL)

Did you know that 1 in 13 kids in the United States have a food allergy? Since food allergies affect so many kids, it is good to learn how you can Be a PAL® to a friend with food allergies! Here's how:

**Know that food allergies are very serious.** If someone with a food allergy eats something they are allergic to, they can get very ill. If a friend or classmate has a food allergy, don't tease, bully or make fun of them. Tell an adult right away if you see other kids picking on someone with a food allergy.

**Don't share your food with friends who have food allergies.** For kids with food allergies, sharing food can be very dangerous. Don't offer kids with food allergies anything from your lunch or snack because it may have something in it that could make them very sick or hurt them.

**Wash hands after eating.** Washing your hands with soap and water after you eat can help clean off any food that is on your hands.

**Help all of your friends and classmates have fun together!** There are lots of ways to have fun without food! Listening to music, playing board or video games, making crafts, going for a bike ride and playing sports are just some of the cool things you can do together. This way, everyone stays safe and has fun!

**If a friend with food allergies feels sick, get help right away!** If your friend feels sick or thinks they may have eaten something they are allergic to, tell an adult right away or dial 911!

The **Be a PAL: Protect A Life™ From Food Allergies** education program can help children learn how to be a good friend to kids with food allergies. To learn more, visit: <https://www.foodallergy.org/education-awareness/be-a-pal>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

## Fresh Pick Recipe

### WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

**NUTRITION FACTS:**  
13 calories, .08g fat,  
5mg sodium, .65g fiber

**freshpick**  
for better health



## SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

### BREAKFAST:

**PAID:** ES \$X.XX MS: \$X.XX HS: \$X.XX

### LUNCH:

**PAID:** ES: \$X.XX MS: \$X.XX HS: \$X.XX

Nutrition Information is available upon request.

**sodexo**