

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast Breakfast Round Lunch Chicken Patty Sandwich Corn Dog Chef Salad w/Roll Ham sandwich
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Breakfast French Toast Sticks Lunch Bean and cheese Nachos Cheese Pizza Taco Salad w/Tortilla Chips American Sub
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Breakfast Pancakes Lunch BBQ Chicken drum w/Roll Soft Tacos Turkey Sandwich Garden Salad w/Roll

Breakfast Waffles Lunch Bean and Cheese Burrito Cheesy Breadsticks w/Marinara Ham Sandwich Chef Salad w/Roll
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1 No School

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

 4 Back to school

5 Breakfast: Bagels (v) Lunch: Bean and cheese Enchiladas Pepperoni Pizza Chef Salad w/ WG Dinner Rolls Peanut butter & Jelly Sandwich (v)
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6 Breakfast: Pancake on a stick Lunch: Chicken Potato Bowl w/ WG Rolls Hot Dog Ham & Cheese Sandwich Blueberry Patch Parfait (v)
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7 Breakfast: Frudel Lunch: Pretzel w/Cheese Spaghetti w/ Meaty Marinara Chicken Caesar Salad w/ WG Rolls Turkey & Cheese Sandwich

8 Breakfast: Bagelers (v) Lunch: Crispy Chicken & Waffles BBQ Pork Riblet Crispy Chicken Wrap Taco Salad
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Daily Breakfast Entrées: Bagel w/ Cream Cheese, Variety of Whole Grain Cereals w/ Wheat Toast or Mozzarella String Cheese, or Maple Brown Sugar Oatmeal

11 Breakfast: Sausage Pancake on a Stick Lunch: Cheesy Lasagna Roll Up w/ Whole Grain Dinner Roll (v) Orange Chicken over Brown Rice Turkey & Cheese Sandwich Chef Salad w/Roll

12 Breakfast: Apple Frudel (v) Lunch: Crispy Chicken Burger Cheese Pizza Chef Salad w/ WG Rolls Crispy Chicken Wrap

13 Breakfast: Assorted Muffin (v) Lunch: Smoky BBQ Chicken Sandwich Bean & Cheese Nachos (v) Garden Salad w/Roll Italian Sub Sandwich

14 Breakfast: Whole Grain Pancakes (v) Lunch: Crispy Chicken Nuggets w/ WG Roll Cheese Pizza (v) American Sandwich Double Berry Parfait (v)

15 Breakfast: Homemade French Toast (v) Lunch: Cheese Breadsticks (v) Corn Dog Turkey & Cheese Sandwich Garden Salad w/Roll

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

18 Breakfast: Breakfast Round (v) Lunch: Cheeseburger/hamburger Cheesy Breadsticks w/ Marinara Garden Salad w/Roll (v) Ham & Cheese Sandwich
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19 Breakfast: Cinnamon Sugar Pancake Bites (v) Lunch: Chicken nuggets w/roll Cheese Pizza (v) Deli Sub Garden Salad w/Roll (v)
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20 Breakfast: Waffles Lunch: Corn Dog Orange Chicken over Brown Rice PeanutButter & Jelly Sandwich (v) Fiesta Salad w/ Tortilla Chips

21 Breakfast: Blueberry Patch & Granola Parfait (v) Lunch: Fish Nuggets w/Fries Creamy Mac & Cheese Peachy Parfait (v) Fresh Garden Salad w/ WG Rolls (v)

22 Breakfast: French Toast (v) Lunch: Crispy Chicken & Waffles Sloppy Joe Crispy Chicken Wrap American Salad w/Roll

Vegetarian items marked with (v)

25 Breakfast: Waffles w/ Fruit (v) Lunch: Crispy Chicken Nuggets w/ WG Roll Saucy Meatball Sub Chef Salad w/ WG Rolls American Sub
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26 Breakfast: Sausage Breakfast Pizza Lunch: Brunch for Lunch: French Toast Sticks w/ Sausage Pepperoni Pizza Italian Sub Sandwich Strawberry Fields Parfait (v)
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27 Breakfast: Breakfast Round Lunch: Hot Dog Sweet & Sour Chicken Rice Bowl PeanutButter & Jelly Sandwich (v) Chef Salad w/ WG Rolls
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28 Breakfast: Pancakes (v) Lunch: Cheese Pizza (v) Southwest Beef Nachos Crispy Chicken Wrap Chef Salad w/Roll
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29 Breakfast: Assorted Muffin (v) Lunch: Homemade Beefy Sloppy Joe Hamburger Chicken Caesar Salad w/ WG Rolls American Sandwich

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.

liftoffplayground.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

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.

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!



SCHOOL MEAL PRICES:

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

BREAKFAST:

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

LUNCH:

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

Nutrition Information is available upon request.

