

### 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!**



**1**

Fajita Chicken & Cheese Quesadilla  
 Fresh Garden Salad with Dinner Roll (v)  
 Bean and Cheese Chimi Nada (v)

Fat free chocolate or 1% unflavored milk offered daily.

**4**

**Labor Day**

**5**

Cheesy Pull-Apart Bread (v)  
 Crispy Chicken Tenders  
 Hot Ham & Cheese on a Bun

**6**

**Grab and Go Wednesday**

Grilled Cheese (v)

**7**

Soft Pretzel with Cheddar Cheese Sauce (v)  
 Big Daddy Pepperoni Pizza  
 All Beef Cheeseburger with French Fries

**8**

Bean and Cheese Burrito (v)  
 Beef Macaroni & Cheese  
 Cheesy Caesar Salad with Dinner Roll (v)

You must select a least a 1/2 cup fruit or vegetables, you may select more.

**11**

Cheese Quesadilla (v)  
 Peanut Butter & Jelly Sandwich (v)  
 Mozzarella Stuffed Breadsticks (v)

**12**

Breaded Chicken Drumstick with Mashed Potato  
 Protein Snack Pack (v)  
 Turkey & Cheddar Cheese Hoagie

**13**

**Grab and Go Wednesday**

Crispy Chicken Sandwich

**14**

Teriyaki Beef Dippers with Brown Rice  
 Grilled Cheese (v)  
 Chicken Caesar Wrap

**15**

Sloppy Joe Sandwich  
 Bean and Cheese Pupusa (v)  
 Chicken Corn Dog

All meals are offered at NO COST to ALL students.

**18**

Big Daddy Cheese Pizza (v)  
 Italian Baked Pasta with Cheese Blend (v)  
 Protein Snack Pack (v)

**19**

Greek Chicken Meatballs with Brown Rice  
 Bean and Cheese Burrito (v)  
 All Beef Hamburger with French Fries

**20**

**Grab and Go Wednesday**

Nitrate Free Turkey Dog on a Bun

**21**

Honey BBQ Glazed Pork Rib Patty Sandwich  
 Cheesy Alfredo Pasta (v)  
 Southwest Queso Pull-Apart Bread (v)

**22**

Fajita Chicken & Cheese Quesadilla  
 Fresh Garden Salad with Dinner Roll (v)  
 Bean and Cheese Chimi Nada (v)

Limit of one breakfast and one lunch per day per student.

**25**

Tater Tot Nachos with Fiesta Beans & Chips (v)  
 Mozzarella Stuffed Breadsticks (v)  
 Orange Chick'n Plant Based Nuggets with a Biscuit (v)

**26**

Cheesy Pull-Apart Bread (v)  
 Crispy Chicken Tenders  
 Hot Ham & Cheese on a Bun

**27**

**Grab and Go Wednesday**

Grilled Cheese (v)

**28**

Soft Pretzel with Cheddar Cheese Sauce (v)  
 Big Daddy Pepperoni Pizza  
 All Beef Cheeseburger with French Fries

**29**

Bean and Cheese Burrito (v)  
 Beef Macaroni & Cheese  
 Cheesy Caesar Salad with Dinner Roll (v)

Menu is subject to change.

## 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.<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 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.liftoffsplyground.com](http://www.liftoffsplyground.com)

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Soft Baked Strawberry Oat Bar
LABOR DAY	Mini Apple Cinnamon Loaf with Grahams	Pop Tart	Mini Donuts	Benefit Bar
Cinnamon Bun	Sliced Pumpkin Bread	Bagel & Cream Cheese	Mini Banana Muffin with Grahams	Ultimate Breakfast Round
Concha	Chocolate Mini Loaf & Grahams	Mini Donuts	Mini Cinnamon Rolls	Soft Baked Strawberry Oat Bar
Blueberry Mini Muffin with String Cheese	Mini Apple Cinnamon Loaf with String Cheese	Pop Tart	Mini Donuts	Benefit Bar

## Fresh Pick Recipe

### GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

**NUTRITION FACTS:**  
57 calories, 1g fat,  
55mg sodium, 3g fiber

We offer fruit and 100% juice each morning, you must take at least 1/2 cup, you may take more. Cereal and Grahams or string cheese are offered for breakfast everyday.

Fat free chocolate milk and 1% unflavored milk are offered everyday.

All Meals are offered at NO COST to ALL students!

Limit one of each meal per day per student.

This institution is an equal opportunity provider.

**freshpick**  
for better health



Nutrition Information is available upon request.