

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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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 with a Biscuit
Hot Ham & Cheese on a Bun

6

California Grilled Cheese with Roasted Vegetables (v)
Chicken & Vegetable Dumplings with Veggie Fried Rice
Protein Snack Pack (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 with Dinner Roll
Cheesy Caesar Salad with Dinner Roll (v)

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

11

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

12

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

13

Spicy Chicken Sandwich
Pulled Chicken Taco with Spiced Black Beans
Garden Veggie Burger (v)

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

Pepperjack Cheese Enchilada (v)
Parmesan Chicken Burger
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 with a Biscuit
Hot Ham & Cheese on a Bun

27

California Grilled Cheese with Roasted Vegetables (v)
Chicken & Vegetable Dumplings with Veggie Fried Rice
Protein Snack Pack (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 with Dinner Roll
Cheesy Caesar Salad with Dinner Roll (v)

Menu is subject to change.

This institution is an equal opportunity provider.

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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Chocolate Filled Crescent OR Soft Baked Strawberry Oat Bar
LABOR DAY	French Toast Sticks OR Mini Apple Cinnamon Loaf with Grahams	Breakfast Pizza OR Pop Tart	Mini French Toast OR Mini Donuts	Apple Frudel OR Benefit Bar
Mini Pancake Bites OR Cinnamon Bun	Egg & Cheese Muffin OR Sliced Pumpkin Bread	Mini Blueberry Waffles OR Bagel & Cream Cheese	Fruit & Yogurt Parfait OR Mini Banana Muffin with Grahams	Pancake on a Stick OR Ultimate Breakfast Round
Mini Bagels OR Concha	Egg, Sausage & Cheese Breakfast Wrap OR Chocolate Mini Loaf & Grahams	Sliced Lemon Bread OR Mini Donuts	Belgian Waffle & Sausage OR Mini Cinnamon Rolls	Chocolate Filled Crescent OR Soft Baked Strawberry Oat Bar
Cinnamon Raisin Bagel & Cream Cheese OR Blueberry Mini Muffin with String Cheese	French Toast Sticks OR Mini Apple Cinnamon Loaf with String Cheese	Breakfast Pizza OR Pop Tart	Mini French Toast OR Mini Donuts	Apple Frudel OR 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

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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.

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Please look for these icons in your cafeteria.