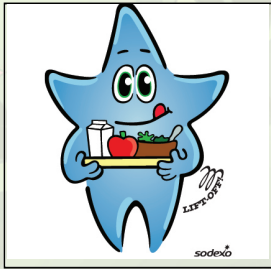


MONDAY



TUESDAY



WEDNESDAY



THURSDAY

1

Breakfast:
Pancakes and Syrup

Lunch:
Spaghetti Pasta with Plant-Based Sauce (v)
Chicken Burger
Chicken Caesar Salad with WG Rolls

Side Veggie: Roasted Broccoli and Carrots

FRIDAY

2

Breakfast:
WG Cinnamon Roll (v)

Lunch:
Chicken & Waffles
Grilled Cheese Sandwich (v)
Cheese Pizza (v)

Side Veggie: Sweet Potato Fries

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

Side Fruit: Baked Cinnamon Apples

7

Breakfast:
Egg & Cheese Breakfast Sandwich (v)

Lunch:
Bean and Cheese Nachos (v)
BBQ Chicken Sandwich
Italian Sub

Side Veggie: Mexican Black Beans

8

Breakfast:
Pancakes with Syrup (v)

Lunch:
Baked Penne Pasta (v)
Chicken Nuggets with WG Roll
American Sandwich
Fruit & Yogurt Parfait (v)

Side Veggie: Green Beans

9

Breakfast:
Freshly Baked Banana Muffin Top

Lunch:
Homemade Cheese Pizza (v)
Fish Po Boy Sub with Southwest Slaw
Sunbutter and Jelly Sandwich (v)

Side Veggie: Mixed Vegetables

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

12

Breakfast:
Egg & Cheese Quesadilla (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Pork Rib-B-Que Sandwich
Ham & Cheese Sandwich

Side Veggie: Mixed Vegetables

13

Breakfast:
Pancake Bites with Cinnamon & Sugar (v)

SURPRISE Lunch GIVEAWAY- Get lunch Get a surprise:
Mini Cheese Ravioli with WG Roll (v)
Hamburger or Cheeseburger
Veggie Burger (v)

Side Veggie: Baked Beans

14

Breakfast:
Sausage & Cheese Breakfast Sandwich

Lunch:
Orange Chicken Rice Bowl
Baked Corn Dog
Sunbutter & Jelly Sandwich (v)

Side Veggie: Roasted Broccoli and Carrots

15

Breakfast:
Apple Frudel (v)

Lunch:
Macaroni and Cheese (v)
Chicken Burger
Fruit & Yogurt Parfait (v)

Side Veggie: Aztec Corn

16

Breakfast:
Scratch-Made French Toast

Lunch:
Breakfast for Lunch: Cheese Omelet & Cinnamon Pinwheel (v)
Homemade Pepperoni Pizza
Baked Corn Dog

Side Veggie: Tater Tot Hash

19

Breakfast:
Waffles with Fruit Compote (v)

Lunch:
Meatball Marinara Sub
Chicken Nuggets with WG Roll
Chef Salad with WG Rolls

Side Veggies: Mixed Vegetables

20

Breakfast:
Turkey Sausage Breakfast Pizza

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

Side Veggie: Hash Brown Potato

21

Breakfast:
Breakfast Bowl with Toast

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

Side Veggies: Roasted Broccoli and Carrots

22

Breakfast:
Build-Your-Own Oatmeal Bowl (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Turkey Taco Nachos
Crispy Chicken Wrap

Side Veggie: Aztec Corn and Black Beans

23

NO SCHOOL

PLEASE NOTE: Supply Issues May Result in Menu Changes We Apologize For Any Inconvenience

26

Breakfast:
Build Your Own Yogurt Bowl (v)

Lunch:
Bean and Cheese Burrito (v)
Hamburger or Cheeseburger
Veggie Burger (v)

Side Veggie: Aztec Corn & Black Beans

27

Breakfast:
Maple Mini Waffles

Lunch:
Chicken Alfredo Pasta
Chicken Burger
Sunbutter and Jelly Sandwich (v)

Side Veggie: Mixed Vegetable Blend

28

Breakfast:
Ham & Cheese Breakfast Sandwich

Lunch:
Pork Posole with WG Tortilla Chips
Pretzel with Cheese Sauce (v)
Turkey & Cheese Sandwich

Side Veggie: Potato Wedges

29

Breakfast:
Fruit & Yogurt Parfait (v)

Lunch:
Turkey Gravy over Mashed Potatoes and WG Rolls
Baked Corn Dog
American Sandwich

Side Veggie: Baked Beans

30

Breakfast:
Homemade Fruit Muffin/Muffin Square (v)

Lunch:
Homemade Cheese Pizza (v)
Fish & Chips
Southwest Chicken Wrap

Side Veggie: Roasted Broccoli and Carrots

(v) = meatless option

The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.¹ 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.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: 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

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



Back to school

SCHOOL MEAL PRICES:

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

Student Breakfast \$1.50, Reduced Breakfast \$0.30 All

Student Lunch \$2.95 Elem, \$3.30 Mid, \$3.55 High, Reduced Lunch \$4.40 All

Adult Breakfast \$2.45 Adult Lunch \$4.35

*While we prefer to utilize online accounts (pre deposited money to Student account) to assist in speed of service we also accept Cash, Check and will process deposits for Student accounts.

**PLEASE NOTE: Supply Chain issues may result in unexpected menu changes. We will do everything possible to substitute with similar items. ie- chicken nuggets substitute for chicken strips. We apologize for any inconveniences and thank you for your patience and understanding.

Nutrition Information is available upon request.

sodexo