

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

1

Breakfast:
Cherry or Apple Frudel
Lunch:
Chicken Alfredo Pasta
Hamburger or Cheeseburger
Turkey & Cheese Sandwich
Includes Fruits, Vegetables & Milk

Breakfast:
Pancake & Sausage Wrap on a Stick
Lunch:
Breakfast for Lunch:
French Toast Sticks & Sausage Patty
Hot Dog
American Sandwich
Includes Fruits, Vegetables & Milk

Breakfast:
WG Cinnamon Roll
Lunch:
Cheese Pizza (v)
Pepperoni Pizza
Corn Dog
Ham & Cheese Sandwich
Served with Fruit, Vegetables & Milk

Breakfast includes: Choice of entrée listed or selection of cereal, or other options. Choice of fruit and milk.

4

**LABOR DAY
NO SCHOOL**

5

Breakfast:
Yogurt w/ Grahams
Lunch:
Cheesy Breadsticks w/ Marinara (v)
BBQ Rib Sandwich
Turkey & Cheese Sandwich
Served with Fruit, Vegetables & Milk

6

Breakfast:
Fresh Baked UBR
Lunch:
Spaghetti w/ Meaty Sauce
Crispy Chicken Burger
Garden Salad (v)
Served with Fruit, Vegetables & Milk

7

Breakfast:
Waffles & Fruit Compote
Lunch:
Fruit & Yogurt Parfait w/ Granola (v)
Chicken Tenders & Fries
Italian Sub
Served with Fruit, Vegetables & Milk

8

Breakfast:
Homemade Berry Muffin Top
Lunch:
Cheese Pizza (v)
Meat Lover's Pizza
Fish Po' Boy Sub
Chicken Caesar Salad
Served with Fruit, Vegetables & Milk

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

11

Breakfast:
Strawberry Mini Bagel
or Mini Cinni
Lunch:
Chicken Pot Pie
Bean & Cheese Burrito (v)
Chef Salad
Served with Fruit, Vegetables & Milk

12

Breakfast:
Homemade Cereal Bar
Lunch:
Breakfast for Lunch:
Pancakes & Sausage Patty
Hot Dog
Sunbutter & Jelly Sandwich (v)
Served with Fruit, Vegetables & Milk

13

Breakfast:
Pancake & Sausage Wrap on a Stick
Lunch:
Beef & Cheese Nachos
BBQ Grilled Chicken Burger
Turkey & Cheese Sandwich
Served with Fruit, Vegetables & Milk

14

Breakfast:
Sausage & Cheese Breakfast
Sandwich
Egg & Cheese Breakfast Sandwich (v)
Lunch:
Hamburger or Cheeseburger
Veggie Burger (v)
Corn Dog
Peppi Pizza Salad
Served with Fruit, Vegetables & Milk

15

Breakfast:
WG Cinnamon Roll w/ Blueberry
Glaze
Lunch:
Cheese Pizza (v)
Pepperoni Pizza
Chicken Cordon Bleu
American Sandwich
Served with Fruit, Vegetables & Milk

18

Breakfast:
Breakfast Pizza
Lunch:
Chili Fritos
BBQ Rib Sandwich
Sunbutter & Jelly Sandwich (v)
Served with Fruit, Vegetables & Milk

19

Breakfast:
Pancake Bites w/ Cinnamon Sugar
Lunch:
Cheesy Breadsticks w/ Marinara (v)
BBQ Rib Sandwich
Chicken Caesar Salad
Served with Fruit, Vegetables & Milk

20

Breakfast:
Fresh Baked UBR
Lunch:
Mac & Cheese (v)
Crispy Chicken Burger
Turkey & Cheese Sandwich
Served with Fruit, Vegetables & Milk

21

Breakfast:
Fruit & Yogurt Parfait w/ Granola
Lunch:
Glazed Chicken Drumstick w/ Fries
Hot Ham & Cheese
Fiesta Salad w/ Tortilla Chips (v)
Served with Fruit, Vegetables & Milk

22

Breakfast:
Homemade Cereal Bar
Lunch:
Cheese Pizza (v)
Meat Lover's Pizza
Hot Dog
Crispy Chicken Wrap
Served with Fruit, Vegetables & Milk

25

Breakfast:
Waffles & Fruit Compote
Lunch:
Sweet & Sour Chicken over Rice
Corn Dog
Sunbutter & Jelly Sandwich (v)
Served with Fruit, Vegetables & Milk

26

Breakfast:
Yogurt & Grahams
Lunch:
Meatball Marinara Sub
Bean & Cheese Burrito (v)
Chicken Caesar Salad
Served with Fruit, Vegetables & Milk

27

Breakfast:
WG Cinnamon Roll
Lunch:
Sloppy Joe
Chicken Tenders & Fries
Italian Sub
Served with Fruit, Vegetables & Milk

28

Breakfast:
Overnight Oats
Lunch:
Breakfast for Lunch:
French Toast Sticks & Sausage Patty
Hamburger or Cheeseburger
Garden Salad (v)
Served with Fruit, Vegetables & Milk

29

Breakfast:
Homemade Berry Muffin Top
Lunch:
Cheese Pizza (v)
Pepperoni Pizza
BBQ Grilled Chicken Burger
Chef Salad
Served with Fruit, Vegetables & Milk

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.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

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.