

MONDAY

WASH YOUR HANDS



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1

Hand Rolled Chicken Quesadilla
Southwest Burrito Bowl
Served with Rice, Beans, Salsa
Taco Salad with Corn Chips (V)

Students must select half a cup of fruit and/or vegetables with all meals.

4

HAPPY LABOR DAY

5

Taco Tuesday
Chicken Soft Tacos
Hand Rolled Bean & Cheese Burrito (V)

6

Chicken Tenders with Tater Tots
Fresh Cobb Salad w/Egg (V)

7

Mac & Cheese (V)
Chicken Drumstick with Whole Grain Biscuit

8

PIZZA DAY!
Cheese Pizza (V)
Turkey Pepperoni Pizza
Margarita Pizza (V)

1% and non-fat milk served at all meals

11

Orange Chicken Rice Bowl
Homemade Grilled Cheese (V)

12

Taco Tuesday
Beef Soft Tacos
Macho Nachos
Nacho Cheese

13

Hamburger
Cheeseburger
Veggie Burger (V)
On a Whole Grain Burger
Served w/Potato Wedges

14

Pasta with Marinara Sauce (V)
Pasta with Meat Sauce

15

PIZZA DAY!
Cheese Pizza (V)
Pepperoni Pizza
Mexican Fiesta Pizza

Fresh Fruits and Vegetables are available daily from our Garden Cart

18

Chicken & Veggie Chow Mein
Turkey & Cheese Wrap

19

Taco Tuesday
Chicken Soft Taco
Hand Rolled Bean & Cheese Burrito (V)

20

Chicken Tenders with Tater Tots
Fresh Cobb Salad w/Egg (V)

21

Mac & Cheese (V)
Turkey Hot Dog on Whole Grain Roll

22

PIZZA DAY!
Cheese Pizza (V)
Pepperoni Pizza
Hawaiian Style Pizza

Sunbutter and Jelly Sandwich available daily (V)

25

Teriyaki Chicken Rice Bowl w/Veggie Potsticker
Home Made Grilled Cheese (V)

26

Taco Tuesday
Beef Soft Tacos
Macho Nachos
Nacho Cheese

27

Hamburger
Cheeseburger
Veggie Burger (V)
On a Whole Grain Bun
Served w/Potato Wedges

28

Pasta with Marinara Sauce (V)
Pasta w/Marinara Meat Sauce
Pasta with Alfredo Sauce (V)

29

PIZZA DAY!
Cheese Pizza (V)
Turkey Pepperoni Pizza
Vegetarian Pizza

Menu 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.liftoffsplyground.com

BREAKFAST

A great day starts with a healthy breakfast.

MONDAY: Yogurt with Graham Cracker

TUESDAY: Assorted Bagels with Cream Cheese

WEDNESDAY: Turkey Sausage and Cheese on a Whole Grain Biscuit

THURSDAY: Yogurt Parfait with Granola and Fresh Fruit

FRIDAY: Assorted Freshly Baked Seasonal Fruit Muffins

A Variety of Low Sugar Cereals are offered daily. We provide 100% Fruit Juice, 1% and non-fat Milk choices.

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.



Please look for these icons in your cafeteria.