

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Cheese Burger on Bun
Breakfast Pizza
Golden Corn
Assorted Fruit

4

Cheese Queso
Hot Dog on Bun
Steamed Peas
Assorted Fruit

5

Sloppy Joe on Bun
Pretzel Melt
Baked French Fries
Assorted Fruit

6

Chicken Patty on Bun
Nachos with Cheese
Steamed Carrots
Assorted Fruit

7

Cheesy Pizza
Fish Sticks with Chips
Tossed Salad
Assorted Fruit

PBJ and Meat and Cheese Available Daily

10

Cheese Burger on Bun
Egg Sausage Potato Cheese
Casserole
Garlic Green Beans
Assorted Fruit

11

Chicken & Cheese Taquito
Chicken Nuggets with Roll
Homestyle Baked Beans
Assorted Fruit

12

Hot Turkey Sandwich
Chicken Tenders with Roll
Sweet Potato Fries
Assorted Fruit

13

Mealball Sub
Hot Dog on Bun
Steamed Peas
Assorted Fruit

14

Cheesy Pizza
Yogurt Boat
Fresh Carrots
Assorted Fruit

17

School Closed
Martin Luther King Day

18

Cheese Steak Stromboli
General Tso's Chicken over Rice
Golden Corn
Assorted Fruit

19

Oven Roasted Chicken with Roll
Cheesy Chicken over Rice
Sweet Potato Fries
Assorted Fruit

20

Chicken Patty on Bun
Hot Ham and Cheese on Bun
Steamed ~~Carrots~~ Broc.
Assorted Fruit

21

Cheesy Pizza
Tuna Fish Sandwich
Tossed Salad
Assorted Fruit

24

Cheese Burger on Bun
Pancakes and Sausage
Steamed Peas
Assorted Fruit

25

Pretzel Melt
Cheese Ravioli with Roll
Golden Corn
Assorted Fruit

26

Chicken Tenders with Roll
Soft Shell Taco with Cheese
Homestyle Baked Beans
Assorted Fruit

27

BBQ Chicken Sandwich
Hot Dog on Bun
Baked French Fries
Assorted Fruit

28

Cheesy Pizza
Turkey and Cheese Sub
Chips
Assorted Fruit

Menu Subject To Change

31

Cheese Burger on Bun
French Toast with Sausage
Golden Corn
Assorted Fruit

A Guide to Safety with School Meals in the Wake of COVID-19

As the world continues the long journey back to normalcy after the COVID-19 pandemic, many students are gearing up to start a new academic year faced with new, extraordinary challenges. The start of a school year can cause anxiety for both new and returning students and parents, and recent events have added reasonable concerns about health and

safety in the wake of the global pandemic that altered the way we live, work and learn. Sodexo understands these concerns, and we are committed to protecting the health and safety of everyone who eats in our schools, as well as all members of our foodservice staff.



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

BREAKFAST

Cereal, Pop Tarts, Muffins, Yogurt, Cereal Bars

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Fresh Pick Recipe

PEACH SALAD WITH BASIL VINAIGRETTE

- 4 c Romaine lettuce (1" slices)
- 2 Peaches (medium/seeded/sliced ¼" thickness)
- ½ Cucumber (peeled/sliced thin/ in rounds)
- ¼ c Onion (sliced thin)
- 1/3 c Salad oil (light)
- 1 ½ T Lemon juice
- 2 t Honey
- 2 T Fresh basil (chiffonade)
- Salt and Pepper to taste

1. Prepare ingredients as directed.
2. In medium bowl place lettuce, peaches, cucumber and onion.
3. In small bowl mix oil, lemon juice, honey, basil and salt and pepper.
4. When ready to serve, toss the salad with the dressing.

Nutrition Information is available upon request.