

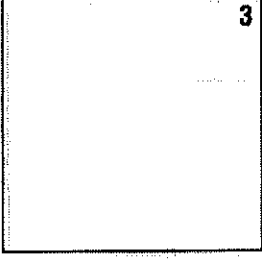
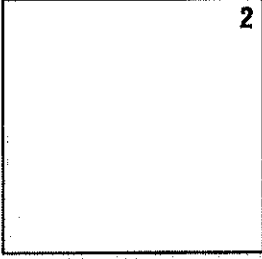
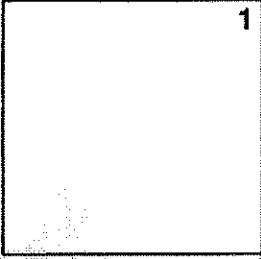
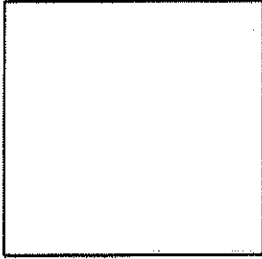
MONDAY

TUESDAY

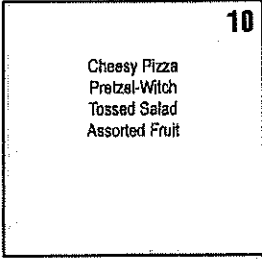
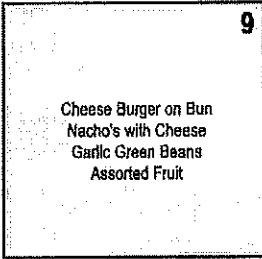
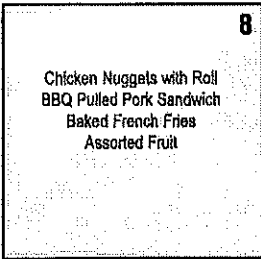
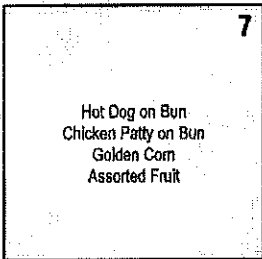
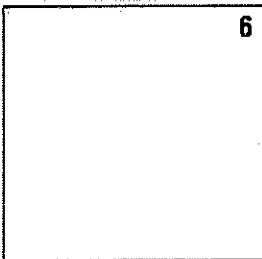
WEDNESDAY

THURSDAY

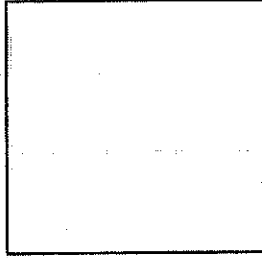
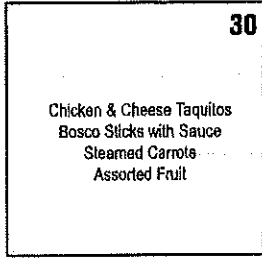
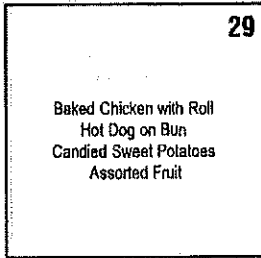
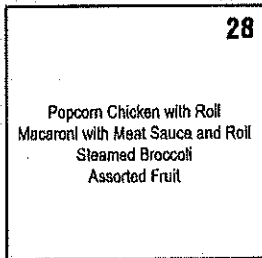
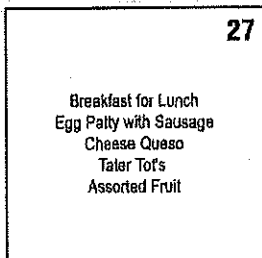
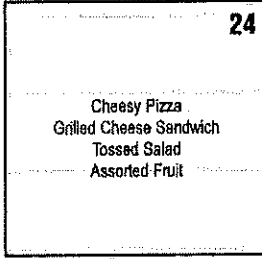
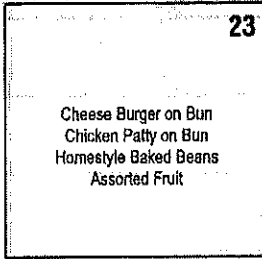
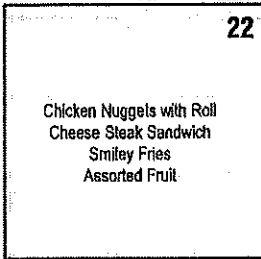
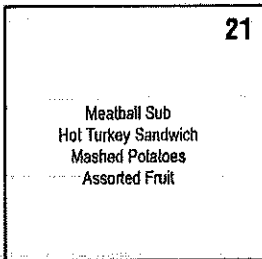
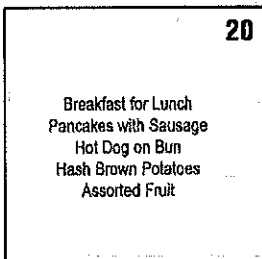
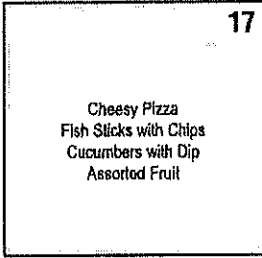
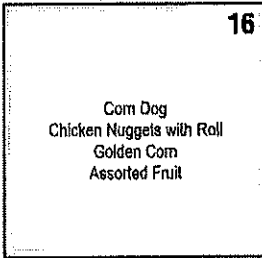
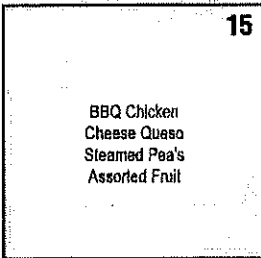
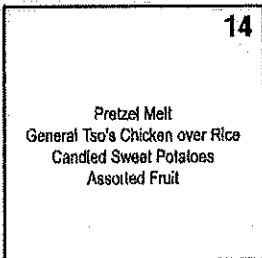
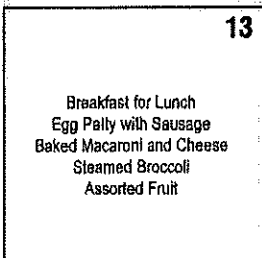
FRIDAY



PBJ and Meat & Cheese served daily



Menu Subject To Change



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

MONDAY: Assorted Cereal Bar, Assorted Muffins, Pop Tarts, Graham Crackers

TUESDAY:

Assorted Cereal, Assorted Muffins, Pop Tarts, Graham Crackers

WEDNESDAY: Assorted Cereal Bar, Yogurt, Crunch Mania, Graham Crackers

THURSDAY: Yogurt, Assorted Muffins, Donuts, Graham Crackers

FRIDAY: Pop Tarts, Assorted Cereal, Crunch Mania, Graham Crackers

Milk and Assorted Juice with Breakfast

Fresh Pick Recipe

SWEET SUMMER CORN SUCCOTASH

(SERVES 4)

- 3 Tbsp and 1/2 tsp fresh yellow onions (diced)
- 3 Tbsp and 1/2 tsp sweet red peppers (chopped)
- 1 1/8 tsp basil (chopped)
- 1 1/8 tsp parsley (chopped)
- 1 3/4 tsp canola/olive oil blend
- 3/4 cup and 1/2 Tbsp corn kernels without salt
- 1/3 and 1 Tbsp frozen green peas without salt
- 1/3 cup and 1 Tbsp lima beans without salt
- 1/4 cup and 1 tsp low fat milk
- 2 3/8 tsp water
- 3/4 tsp cornstarch
- Black pepper

1. Dice onions and peppers.
2. Wash basil and parsley, pat dry and roughly chop.
3. Pour oil into a sauce pan and till the skillet to heat the oil. Add onion and peppers and saute until tender, about 3-4 minutes.
4. Stir in corn, peas and beans. Continue to cook 2-3 minutes.
5. Add milk and bring to a simmer.
6. Combine water and cornstarch in a small container to make a slurry. Cornstarch should be completely dissolved. Stirring constantly, whisk cornstarch slurry into vegetables. Cook gently for 10 minutes or until vegetables are tender, but still firm and liquid is slightly thickened.
7. Stir in basil, parsley and pepper.

NUTRITION FACTS:
92 calories, 2.58g fat,
23mg sodium, 2.84g fiber

Nutrition Information is available upon request.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.