

MONDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% or fat free chocolate)

Menu Subject to Change

TUESDAY

WEDNESDAY

THURSDAY



FRIDAY

1



5

Taco Tuesday:
Chicken Fajita Tacos
w/ Spanish Rice

Buttered Corn

6

Beefy Cheesy Mac

Roasted Broccoli

7

Hot Dog

Carrot Dippers w Ranch

8

Pizza Day:
Cheese, Pepperoni

Green Beans

Offered Daily 9/5 - 9/8: Peanut Butter & Jelly Sandwich

11

Popcorn Chicken
Mac & Cheese Bowl

Seasoned Carrot Coins

12

Taco Tuesday:
Beef Tacos
Seasoned Rice
Steamed Corn

13

BBQ Pulled Pork Sliders

Cucumber Dippers w Ranch

14

Chicken Nuggets

Vegetarian Baked Beans

15

Pizza Day:
Cheese or Pepperoni

Seasonal Vegetables

Offered Daily 9/11 - 9/15 , and Peanut Butter & Jelly Sandwich

18

Mozzarella Sticks
w/ Marinara

Sweet Potato Fries

19

Taco Tuesday:
Beef Tacos
w/ Spanish Rice

Taco Beans

20

Meatball Parm Sub

Parmesan Roasted Broccoli

21

General Tso's Chicken

Mixed Vegetable Brown Rice

22

Pizza Day:
Cheese or Pepperoni

Green Beans

Offered Daily 9/18 - 9/22: , Peanut Butter & Jelly Sandwich

25

Breakfast for Lunch:
French Toast Sticks & Sausage

Sweet Potato Wedges

26

Hot Dog

Tater Tots

27

Beef Nachos
w/ Rice

Corn Salsa

28

Orange Chicken Bowl
w/ Brown Rice
Steamed Broccoli

29

Pizza Day:
Cheese, Pepperoni
Seasonal Mixed Vegetables

Offered Daily 9/25 - 9/29:
Peanut Butter & Jelly Sandwich

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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Muffins Fresh Fruit	Cereal Fresh Fruit	Muffins Fresh Fruit	Pop tarts Fresh Fruit
Cereal Bar Fresh Fruit	Mini Cinni's Fresh Fruit	Pop Tarts Fresh Fruit	Muffins Fresh Fruit	Bagel and Cream Cheese Fresh Fruit
Cereal Fresh Fruit	Pop Tart Fresh Fruit	Cereal bar Fresh Fruit	Muffins Fresh Fruit	Bagel and Cream Cheese Fresh Fruit
Cereal Fresh Fruit	Pop Tarts Fresh Fruit	Muffin Fresh Fruit	Cereal Bar Fresh Fruit	Cereal Bar Fresh Fruit

Fresh Pick Recipe

RICE WITH LEMONY CUCUMBER SAUCE

- 2 cup Rice(preferably brown/cooked according to package directions)
- 1 ½ cup Plain yogurt(non fat)
- 1 cup Cucumber(medium dice)
- 1 T Lemon Juice
- ½ t Lemon zest
- 2 t dry mint
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In a small bowl add the yogurt, cucumber, lemon juice, zest, mint and salt and pepper to taste.
3. Serve rice with a healthy portion of the sauce on the side.

Menu Subject to Change



Nutrition Information is available upon request.