

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Cheese Quesadilla
Refried Beans
Combo Bento Box
Fruit, Veggie & milk

Daily offerings of fresh fruit and vegetables from our salad bar

4

NO SCHOOL

5

NO SCHOOL

6

Chicken Enchilada
Pinto Beans
Italian Sub
Fruit, Veggie & Milk

7

Orange Chicken w/ Rice
Pea's
Yogurt & Cracker Bento Box
Fruit, Veggie & Milk

8

Cheese Or Pepperoni Pizza
Roasted Broccoli
Italian Sub
Fruit, Veggie & Milk

11

Pork Nachos
Corn
Combo Sub
Fruit, Veggie & Milk

12

Spaghetti w/ Meatballs
Green Beans
Yogurt & Cracker Bento Box
Fruit, Veggie & Milk

13

LUCKY TRAY DAY!
Chicken Drumsticks
w/ Mash. Potato & Roll
Combo Sub
Fruit, Veggie & Milk

14

Mac. & Cheese
Tots
Pizza Bento Box
Fruit, Veggie & Milk

15

Cheese or Pepperoni Pizza
w/ Broccoli & Carrots
Combo Sub
Fruit, Veggie & Milk

Come eat with us on Lucky Tray day, one student from each grade will have the opportunity to win a prize

18

Walking Tacos
Carrots
Ham & Cheese Sand.
Fruit & Veggie
Milk

19

Crispy Chicken Sand.
Fries
Pizza Bento Box
Fruit & Veggie
Milk

20

Hot Dog
Baked Beans
Ham & Cheese Sand.
Fruit & Veggie
Milk

21

Cheeseburger
Mashed Potato
Pizza Bento Box
Fruit & Veggie
Milk

22

Cheese & Pepperoni Pizza
Green Beans
Italian Sub
Fruit & Veggie
Milk

Every Month we will celebrate all birthdays for the month with a sweet treat!

25

Meatball Sub
Broccoli
Crispy Chicken Wrap
Fruit & Veggie
Milk

26

Mozz. Stuffed Breadstick
Spaghetti Sauce
Combo Sub
Fruit & Veggie
Milk

27

Chicken Nuggets & Roll
Sweet Potato Fries
Yogurt Bento Box
Fruit & Veggie
Milk

28

Corn Dog
Pea's
Ham & Cheese Sand.
Fruit & Veggie
Milk

29

BBQ Chicken Sand.
Corn
Yogurt Bento Box
Fruit & Veggie
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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9/1/23 Breakfast Sandwich Scone Juice, Fruit & Milk
9/4/23 NO SCHOOL	9/5/23 NO SCHOOL	9/6/23 Muffin Top Cereal Juice, Fruit & Milk	9/7/23 Pancake on a Stick Parfait Juice, Fruit & Milk	9/8/23 Biscuit & Gravy Donut Juice, Fruit & Milk
9/11/23 French Toast Cereal Fruit, Juice & Milk	9/12/23 Breakfast Burrito Scone Juice, Fruit & Milk	9/13/23 Breakfast Pizza Pop Tart Juice, Fruit & Milk	9/14/23 Breakfast Sandwich Parfait Juice, Fruit & Milk	9/15/23 Waffles Pop- Tart Juice, Fruit & Milk
Breakfast Sandwich Cereal Fruit, Juice & Milk	Biscuit & Jelly Pop Tarts Fruit, Juice & Milk	Cinnamon Roll Cereal Fruit, Juice & Milk	Breakfast Sandwich Donuts Fruit, Juice & Milk	Breakfast Tacos Uber Bar Fruit, Juice & Milk
Pancakes Cereal Fruit, Juice & Milk	Bagels & Cream Cheese Pop Tarts Fruit, Juice & Milk	Uber Bar Muffin Fruit, Juice & Milk	French Toast Pop Tarts Fruit, Juice & Milk	Breakfast Sandwich Cinnamon Roll Fruit, Juice & Milk

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.

Nutrition Information is available upon request.