

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

4

NO SCHOOL
LABOR DAY

5

Taco Tuesday:
Chicken Fajita Tacos w/ Rice
Corn

6

Beefy Cheesy Mac w/ Dinner Roll
Roasted Broccoli

7

Breakfast for Lunch:
MTO Breakfast Potato Bowl
w/ Buttermilk Biscuit
Sweet Potato Fries

8

Pizza Day:
Galaxy Cheese Pizza
Green Beans

Offered Daily 9/5 - 9/8: Turkey & Cheese Sandwich, Crispy Chicken Salad w/ Dinner Roll, Yogurt Bag

11

Macaroni & Cheese w/ Garlic Bread
Seasoned Broccoli

12

Chicken Patty Sandwich
Three Bean Salad

13

Turkey Bowl
Sautéed Spinach

14

Popcorn Chicken Bowl
Mashed Potatoes

15

Pizza Day:
Pepperoni
French Bread Pizza
Carrot Snacks

Offered Daily 9/11 - 9/15: Ham & Cheese Sandwich, Chef Salad w/ Flatbread and Cereal Bag

18

Hot Diggity Dog
Baked Beans

19

Boneless Chicken Bites
w/ Soft Pretzel
Steamed Carrots

20

Meatball Parm Sub
Seasoned Spinach

21

Breakfast Burrito
Tater Tots

22

Pizza Day:
Galaxy Cheese Pizza
Cucumber Coins

Offered Daily 9/18 - 9/22: Italian Sub, Garden Salad w/ Flatbread & Pretzel Bag

25

Cheesy Stuffed Breadsticks
w/ Marinara
Sweet Potato Wedges

26

Hometown Corn Dog Bites
Corn

27

Walking Nachos
Southwest Black Beans

28

Crispy Breaded Chicken Drumstick
w/ Cornbread Muffin
Broccoli

29

Pizza Day:
French Bread Cheese Pizza
Green Beans

Offered Daily 9/25 - 9/29: Turkey Club Sandwich, Chef Salad w/ Flatbread, Bagel Bag

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.liftoffplayground.com

Be a PAL to Friends with Food Allergies: It Can Help Protect A Life (PAL)

Did you know that 1 in 13 kids in the United States have a food allergy? Since food allergies affect so many kids, it is good to learn how you can Be a PAL® to a friend with food allergies! Here's how:

Know that food allergies are very serious. If someone with a food allergy eats something they are allergic to, they can get very ill. If a friend or classmate has a food allergy, don't tease, bully or make fun of them. Tell an adult right away if you see other kids picking on someone with a food allergy.

Don't share your food with friends who have food allergies. For kids with food allergies, sharing food can be very dangerous. Don't offer kids with food allergies anything from your lunch or snack because it may have something in it that could make them very sick or hurt them.

Wash hands after eating. Washing your hands with soap and water after you eat can help clean off any food that is on your hands.

Help all of your friends and classmates have fun together! There are lots of ways to have fun without food! Listening to music, playing board or video games, making crafts, going for a bike ride and playing sports are just some of the cool things you can do together. This way, everyone stays safe and has fun!

If a friend with food allergies feels sick, get help right away! If your friend feels sick or thinks they may have eaten something they are allergic to, tell an adult right away or dial 911!

The **Be a PAL: Protect A Life™ From Food Allergies** education program can help children learn how to be a good friend to kids with food allergies. To learn more, visit: <https://www.foodallergy.org/education-awareness/be-a-pal>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

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.