

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:
Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A
1/2 CUP OF FRUIT OR VEGGIE!



1

Chicken Burrito Bowl
Turkey Ham & Cheddar
Sub Sandwich
100% Mozzarella Cheese
Pizza



4

Labor Day
No School

5

No School

6

Chicken Pasta Alfredo
with Broccoli
Hand Made Sun Butter
or Peanut Butter & Jelly
Sandwich w/String Cheese

7

Spaghetti with
Meat Sauce & Dinner Roll
Bean & Cheese Burrito

8

Chicken Burrito Bowl
Turkey Ham & Cheddar
Sub Sandwich
100% Mozzarella Cheese
Pizza



11

Turkey Corn Dog
Italian Sub
Sandwich
Hand Made Sun Butter
or Peanut Butter & Jelly
Sandwich w/String Cheese

12

Crunchy Beef Taco
Cheese Quesadilla

13

NEW
Teriyaki Beef & Broccoli
over Steamed Rice
Chicken Nuggets
with Tater Tots

14

Crispy Chicken Patty
on a Bun
Orange Chicken with
Onion & Bell Peppers
over Steamed Rice
w/Dinner Roll
Hand Made Sun Butter
or Peanut Butter & Jelly
Sandwich w/String Cheese

15

Choice of
Chicken or Cheese
Tamales
Spanish Rice & Beans



18

Nachos with
Beans & Cheese
Crispy Chicken
on a Bun
Chef Salad
with Dinner Roll

19

Chicken Tacos
with Fresh Salsa
Cheese Quesadilla
100% All Beef Burger
with Cheddar Cheese
w/ Fries

20

Chicken Burrito Bowl
Turkey Ham & Cheddar
Sub Sandwich
Chicken Tenders
w/ Tater Tots

21

Spaghetti with
Meat Sauce & Dinner Roll
Bean & Cheese Burrito

22

Pizzeria Day



25

Turkey Corn Dog
Italian Sub
Sandwich
Hand Made Sun Butter
or Peanut Butter & Jelly
Sandwich w/String Cheese

26

Crunchy Beef Taco
Cheese Quesadilla

27

NEW
Teriyaki Chicken & Veggies
over Steamed Rice
Chicken Nuggets
w/ Tater Tots

28

Crispy Chicken Patty
on a Bun
Orange Chicken with
Onion & Bell Pepper
over Steamed Rice
w/Dinner Roll
Hand Made Sun Butter
or Peanut Butter & Jelly
Sandwich w/String Cheese

29

Grilled Cheese
Sandwich
Hot Dog

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.liftoffsplyground.com

BREAKFAST

MONDAY: Pancakes & Sausage or Ultimate Breakfast Bar

TUESDAY: French Toast Sticks or Benefit Bar

WEDNESDAY: Muffin & String Cheese or Strawberry Poptarts

THURSDAY: Breakfast Pizza or Cinnamon Bun

FRIDAY: Sausage Biscuit or Chef's Special or Bagel w/ Cream Cheese

Assorted Cereals Offered Daily Served w/ Seeds or String Cheese
Non-Fat Chocolate Milk
and 1% White Milk Offered Daily

Adult Breakfast \$3.50 Adult Lunch \$4.75

Fresh Pick Recipe

STRAWBERRY BANANA SANDWICHES (SERVES 4)

- 1/4 cup bananas (sliced)
- 1/2 cup strawberries (sliced)
- 4-2.4 oz. slices french toast
- 1/4 cup light cream cheese

1. Slice bananas and strawberries 1/4".
2. To build sandwich:
 - Spread 1 Tbsp cream cheese on each slice of frozen French toast.
 - Place 1/8 cup sliced banana on top of cream cheese on 1 slice of bread.
 - Top banana with 1/4 cup sliced strawberries.
 - Close sandwich with 2nd slice of bread.
 - Place sandwiches on parchment lined sheet pans.
3. At service, cut sandwiches in half diagonally.

NUTRITION FACTS:
175 calories, 5.59g fat,
280mg sodium, 2.66g fiber



Monday: Caesar Salad, Roasted Chickpeas & Carrots
Tuesday: Tossed Green Salad & Celery Sticks
Wednesday: Caesar Salad, Seasoned Corn & Cucumbers
Thursday: Tossed Green Salad & Broccoli
Friday: Caesar Salad, Kidney Beans & Carrots

Assorted Fresh & Canned Fruit offered with both Breakfast & Lunch!

Nutrition Information is available upon request.