

MONDAY



TUESDAY

1

Cheese Stuffed Breadsticks
Chicken Nachos
Turkey Ham & Cheese Sandwich

WEDNESDAY

2

Chicken Spaghetti
Hamburger
Cheeseburger

THURSDAY

3

Cheeseburger Macaroni
Turkey Hot Dog
Wrap & Yogurt

FRIDAY

4

Chili & Cornbread
Cheese Pizza
Pepperoni Pizza

A variety of Fresh Fruit and Vegetables offered daily.



8

Chicken Strips & Waffles
Grilled Cheese Sandwich
Turkey Ham & Cheese Sandwich

9

Turkey Hotdog
Chicken Nuggets with Breadstick
Crispy Chicken Wrap

10

Spaghetti with Meat Sauce with
Breadstick
Chicken Burger
American Sub Sandwich

11

Chicken Pasta Alfredo
Cheese Pizza
Pepperoni Pizza

14

Beef Soft Taco
Sweet and Sour Chicken with Rice
Turkey Sandwich

15

Chicken Patty burger
Smothered Bean & Cheese Burrito
Pancake, Egg, Sausage Sandwich

16

Cheese Nachos
Rainbow Chili
Hamburger
Cheeseburger

17

Chicken Corn Dog
Chicken Nuggets
American Sub Sandwich

18

Fish Sandwich
Cheese Pizza
Pepperoni Pizza

Welcome Back Event Day - September

21

No
School

22

Mozzarella Stuffed Breadsticks
Cheeseburger
Hamburger

23

Turkey Hot Dog
Cheese Pizza
Pepperoni Pizza

24

Chicken Fajita Tacos
Chicken Patty Burger
American Sub Sandwich

25

Rainbow Chili
Macaroni and Cheese with Breadstick
Turkey Ham and Cheese Sandwich

BBQ One Day Fun Day Event
September

28

Bean & Cheese Burrito
Spaghetti with Meatballs with
Breadstick
Turkey Breast and Cheese Sandwich

29

French Toast Sticks with Sausage
Patties
Cheese Pizza
Pepperoni Pizza

30

Sweet and Sour Chicken with Rice
Turkey Hot Dog
Sunbutter & Jelly Sandwich



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!



The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.¹ Called "The Big 8," these foods include: milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat and soy. Although these are the most commonly allergenic foods, more than 160 different foods have been indicated in food allergy reactions.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: What you need to know. Available at <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/ucm079311.htm>.

2. Food Allergy Research & Education.

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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of September 1	Morning Sausage Roll Assorted Juice, Fruit and Milk	Cherry Strudel Stick Assorted Juice, Fruit and Milk	Breakfast Pizza Assorted Juice, Fruit and Milk	Muffin Top Assorted Juice, Fruit and Milk
No School Labor Day	Chicken on a Bun Assorted Juice, Fruit and Milk	Waffles Assorted Juice, Fruit and Milk	Cereal Assorted Juice, Fruit and Milk	Mini Pancakes Assorted Juice, Fruit and Milk
Week of September 14 Cereal Assorted Juice, Fruit and Milk	Pancake on a Stick Assorted Juice, Fruit and Milk	Blueberry Bread Slice Assorted Juice, Fruit and Milk	Sausage Sandwich Assorted Juice, Fruit and Milk	French Toast Assorted Juice, Fruit and Milk
Week of September 21 No School	Sausage Roll Assorted Juice, Fruit and Milk	Cherry Strudel Stick Assorted Juice, Fruit and Milk	Breakfast Pizza Assorted Juice, Fruit and Milk	Muffin Top Assorted Juice, Fruit and Milk
Week of September 28 Cereal Assorted Juice, Fruit and Milk	Chicken on a Bun Assorted Juice, Fruit and Milk	Waffles Assorted Juice, Fruit and Milk		

Fresh Pick Recipe

TUSCAN WHITE BEAN SALAD (SERVES 30 - 1.5 OZ)

- 2 lbs cannellini beans
- 1/4 cup sweet green peppers, diced
- 1/4 cup sweet red peppers, diced
- 1/4 cup fresh red onion
- 1/2 cup black olives, sliced
- 1 tablespoon raw garlic
- 2 tablespoons fresh basil, chopped
- 1 tablespoon fresh rosemary
- 1/4 cup and 2 tablespoons lemon juice
- 3 tablespoons cider vinegar
- 3 tablespoons canola oil
- 3/4 teaspoon ground black pepper

1. Combine all ingredients in a large bowl.
2. Keep refrigerated until ready to serve.

NUTRITION FACTS:
74 calories, 2g fat,
81mg sodium, 4g fiber



Free and Reduced Application info: A new application must be completed every year for Free and Reduced lunches per USDA guidelines. You may apply for free or reduced lunches online through the district website link. If you were on free and reduced lunches at this district last year, your eligibility status will carry over only for the first 30 operating days of the 20-21 school year. If you have not received an approval letter for the 20-21 school year from the Child Nutrition Office, you need to apply before October 01, or your status will change to PAID lunch status and you will no longer receive Free or reduced meals.

Questions: Child Nutrition Office number is 806-894-3323 ext. 3



10% post-consumer



Nutrition Information is available upon request.

