

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

NO SCHOOL	1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL
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We offer a variety of fresh fruits and vegetables daily.

7 NO SCHOOL	8 NO SCHOOL	9 NO SCHOOL	10 NO SCHOOL	11 NO SCHOOL
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Students must select at least a half cup of fruits and/or vegetables with every meal.

14 NO SCHOOL	15 NO SCHOOL	16 Crispy Chicken Sandwich Popcorn Chicken Bowl Egg Salad Sandwich*	17 Chicken Nuggets w/ Cheeze-its Dunkers w/ Marinara* Ham & Cheese Sandwich	18 Cheeseburger w/Fries Orange Chicken over rice and Fresh Veggies Protein Pack*
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\* denotes vegetarian options.

21 Rib A Q Turkey Hot Dog Egg Salad Sandwich*	22 Teriyaki over Rice and Fresh Veggies Sunbutter & Jelly Sandwich Ham & Cheese Sandwich	23 Beef Soft Taco w/Fresh Salsa Chicken Corn Dog Protein Pack*	24 Chicken Tenders w/ Goldfish Nachos w/ Beans & Cheese Cheese Quesadilla w/ Fresh Salsa*	25 Pepperoni Pizza Pulled Pork Sandwich Grilled Cheese Sandwich*
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Menu is subject to change.

28 Crispy Chicken Sandwich Popcorn Chicken Bowl Egg Salad Sandwich*	29 Chicken Nuggets w/ Cheeze- Its Dunkers w/Marinara Ham & Cheese Sandwich	30 Cheeseburger w/ Fries Orange Chicken over Rice & Fresh Veggies Protein Pack*	31 Beef Spaghetti w/ Fresh Broccoli & Roll Bean Burrito* Cheese Quesadilla w/Fresh Salsa*
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### 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 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.<sup>1</sup> 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.liftoffsp playground.com](http://www.liftoffsp playground.com)

## BREAKFAST

**MONDAY:** Bagel w/ Cream Cheese

**TUESDAY:** Fresh Baked Muffin w/ String Cheese

**WEDNESDAY:** Assorted Benefit Bars

**THURSDAY:** Waffle w/ Strawberry Topping

**FRIDAY:** Scrambled Egg on Fresh Biscuit

Cereal w/ Crackers available daily

Students must take at least a half cup of fruit with breakfast.

We offer nonfat chocolate milk and 1% white milk with all meals.

## Fresh Pick Recipe

### GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

**WASH YOUR  
HANDS**



Student Breakfast and Lunch are provided at NO CHARGE.

Adult Breakfast: \$3.25  
Adult Lunch: \$5.25  
Adult A la Carte Entrée: \$4.00



10% post-consumer



Nutrition Information is available upon request.

