

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Free Breakfast Week
Breakfast Pizza Bagel
Lunch:
Baked Corn Dog
Baked Pepperoni or Cheese Pizza
Chicken Salad Sub Sandwich
Peppi Pizza Salad w/WW Roll

4

Free Breakfast Week
Egg & Toast
Lunch:
NEW!! Walking Nachos
Chicken Bites w/WW Roll
Sun Butter or PB & Jelly Sandwich
SW Taco Salad w/ Tortilla Chips

5

Free Breakfast Week
Fruit & Yogurt Parfait
Lunch: National Pizza Day
Baked Sausage or Cheese Pizza
Toasted Cheese Sandwich
w/Tomato Soup
Chillin' Tuna Sub Sandwich
Crispy Chicken Salad w/WW Roll

6

Free Breakfast Week
WG Cinnamon Roll
Lunch:
Homemade Spagetti w/Meat Sauce
Hamburger/Cheeseburger
Ham & Cheese on a Bagel
Lift Off Salad w/WW Roll
COOKIE DAY

9

Breakfast:
Pancake on a Stick
Lunch:
French Toast Sticks & Sausage
Crispy Chicken Patty on a Bun
Turkey & Cheese Sandwich on WW
Chef Salad w/WW Roll
Celebrate Grandparents Day!!!

10

Breakfast:
Warm Fruit Frudel
Lunch:
Chili Frito Pie
Baked Pepperoni or Cheese Pizza
Spicy Italian Sub Sandwich
Chicken Caesar Salad w/WW Roll

11

Breakfast:
Egg & Cheese Muffin
Lunch:
Tater Tot Casserole w/WG Roll
Chicken Bites w/WW Roll
Ham & Cheese Sandwich
Southwest Taco Salad w/Tortilla Chips

12

Breakfast:
Pancakes w/Syrup
Lunch:
Teriyaki Chicken over Rice
Baked Supreme or Cheese Pizza
Egg Salad Sub Sandwich
Poppin Chicken Salad w/WW Roll

13

Breakfast:
Banana Muffin Tops
Lunch:
Mac & Cheese
Cheeseburger/Hamburger
Combo Munchable
Peppi Pizza Salad
w/WW Roll

16

Breakfast:
Sausage Breakfast Pizza
Lunch:
Chicken & Cheese Tat'chos
Crispy Chicken Patty on a Bun
All American Sandwich
Chicken Caesar Salad w/WW Roll

17

Breakfast:
Pancake Bites
Lunch:
Taco Burger
Baked Pepperoni or Cheese Pizza
Chicken Salad Sub Sandwich
Peppi Pizza Salad w/WW Roll

18

Breakfast:
Sausage & Cheese Biscuit
Lunch:
NEW!! Homemade Chicken Taquito
Chicken Bites w/WW Roll
Sun Butter or PB & Jelly Sandwich
SW Taco Salad w/Tortilla Chips

19

Breakfast:
Fruit & Yogurt Parfait
Lunch:
Orange Chicken over Rice
Baked Hawaiian or Cheese Pizza
Tuna Salad Sub Sandwich
Crispy Chicken Salad w/WW Roll

20

Breakfast:
French Toast w/Syrup
Lunch:
Chicken Alfredo over Pasta
Cheesy Bread Sticks w/Marinara
Ham & Cheese Sandwich
Lift Off Salad w/WW Roll

23

EARLY RELEASE:
Breakfast:
Waffles w/Fruit Compote
Lunch:
Baked WG Corn Dog
Crispy Chicken Patty on a Bun
Turkey & Cheese Sandwich
Classic Chef Salad w/WW Roll

24

Breakfast:
Ultimate Breakfast Round
Lunch:
Bean & Cheese Burrito
Baked Pepperoni or Cheese Pizza
Italian Sub Sandwich
Chicken Caesar Salad w/WW Roll

25

Breakfast:
Yogurt & Graham Crackers
Lunch:
Posole Soup w/Tortilla Chips
Chicken Bites w/WW Roll
Ham & Cheese Sub Sandwich
SW Taco Salad w/Tortilla Chips

26

Breakfast:
Build Your Own Oatmeal Bowl
Lunch:
Toast Cheese Sandwich w/
Tomato Soup
Baked Chicken Ranch
or Cheese Pizza
Egg Salad Sub Sandwich
Poppin' Chicken Salad w/WW Roll
Johnny Apple Seed Dessert

27

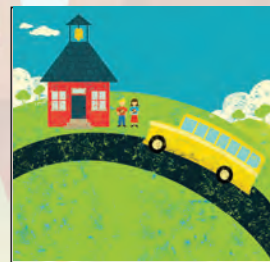
Breakfast:
WG Cinnamon Roll
Lunch:
Tasty Chicken Quesadilla
Cheeseburger/Hamburger
Combo Munchable
Peppi Pizza Salad w/WW Roll

30

Breakfast:
Pancake on a Stick
Lunch:
Beef & Cheese Nachos
Baked Chicken Patty on a Bun
Ham & Cheese Sandwich
Hummus Snack Pack



Breakfast includes:
Assorted Cold Cereal
w/Graham Crackers or Toast
Fruits, Vegetables & Milk



Every Day:
Includes Fruits, Vegetables
Variety Bar & Milk

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.

liftoffsplyground.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

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¼ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.



SCHOOL MEAL PRICES:

BREAKFAST: REDUCED MEALS AT NO COST PAID: ELEMENTARY \$1.75 MIDDLE SCHOOL \$1.90 HIGH SCHOOL \$2.05

LUNCH: REDUCED MEALS AT NO COST PAID: ELEMENTARY \$2.80 MIDDLE SCHOOL \$3.20 HIGH SCHOOL \$3.50

INVEST IN YOUR STUDENT'S LONG TERM HEALTH -
PURCHASE SCHOOL MEALS!

Nutrition Information is available upon request.

