



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

8

9

10

11

12

Chicken Nuggets
Turkey Bacon Wrap
Fresh Vegetables
Fresh Fruit
Choice of Milk

Cheese Stuffed Breadsticks
Fajita Chicken Quesadilla
Corn
Cucumber Coins
Fresh Fruit
Choice of Milk

Cheeseburgers
Potato Wedges
Celery Sticks
Assorted Fruit
Choice of Milk

Corn Dogs
Baby Carrots
Pinto Beans
Fresh Fruit
Choice of Milk

Breaded Chicken Sandwich
Meatball Sub
Green Peas
Fresh Fruit
Choice of Milk

15

16

17

18

19

Chicken Nuggets
Baked Ziti
Broccoli
Fresh Fruit
Choice of Milk

Turkey Ham & Cheese Sandwich
Cheese Stuffed Breadsticks
Confetti Corn
Cucumber Coins
Bananas
Choice of Milk

Cheeseburger
Celery Sticks
Fresh Fruit
Choice of Milk

Hot Dogs
Sweet & Sour Chicken
Brown Rice
Fresh Fruit
Choice of Milk

Spicy Chicken Sandwich
Popcorn Chicken Wrap
Charro Beans
Oranges
Choice of Milk

22

23

24

25

26

Chicken Nuggets
Turkey Ham & Cheese
Green Beans
Apples
Choice of Milk

Sloppy Joe on a Roll
Cheese Stuffed Breadsticks
Roasted Corn
Cucumbers
Bananas
Choice of Milk

Cheeseburgers
American Sub
Potato Wedges
Oranges
Choice of Milk

Chili Dogs
Grilled Cheese Sandwich
Fresh Fruit
Baked Beans
Baby Carrots
Choice of Milk

Crispy Chicken Wrap
Beef Tamales
Baby Carrots
Refried Beans
Fresh Fruit
Choice of Milk

29

30

31

Chicken Nuggets
Turkey Bacon Wrap
Mashed Potatoes
Roasted Green Beans
Apples
Choice of Milk

Chicken Quesadilla
Cheese Stuffed Breadsticks
Corn
Cucumber Coins
Pears
Choice of Milk

Chicken Fajita Nachos
Celery Sticks
Diced Peaches
Choice of Milk

Corn Dogs
Baby Carrots
Pinto Beans
Apples
Choice of Milk

Chicken Sandwich
Meatball Sub
Mixed Vegetables
Oranges
Choice of 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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Sandwich Assorted Cereal Choice of Juice/Fruit Choice of Milk	Breakfast on a Stick Build Your Own Breakfast Taco Tropical Escape Smoothie Assorted Cereal Fresh Fruit	Breakfast Plate w/Biscuit Sausage Biscuit Berry Banana Smoothie Cinnamon Rolls Fresh Fruit/Juice	Breakfast Plate w/Turkey Sausage & Pancakes Pancake & Sausage Sandwich Apple Pie Smoothie Fresh Fruit/Juice	Breakfast Plate w/Bacon & Pancakes Orange Smoothie Assorted Cereal Cinnamon Roll Monkey Bread Fresh Fruit/Juice
Breakfast Taco Bagels w/Cream Cheese Dutch Waffles Assorted Cereal Fresh Fruit Choice of Milk	Chicken on a Bun Bagels w/Cheese Assorted Cereal Fresh Fruit Choice of Milk	Kolaches Sunbutter & Jelly Sandwich Cereal Fresh Fruit Choice of Milk	Breakfast Tacos Breakfast Bagels Build Your Own Breakfast Taco Cereal Fresh Fruit Choice of Milk	Cinnamon Mini Bagels Steak Biscuit Cereal Fresh Fruit Choice of Milk
Cheese Grits Oatmeal Toast Cereal Fresh Fruit Choice of Milk	Breakfast Banana Split Breakfast Pizza Cereal Fresh Fruit Choice of Milk	French Toast Sticks Honey Pear Cranberry Parfait Cereal Fresh Fruit Choice of Milk	Chicken & Waffles Double Berry Yogurt Parfait Cereal Fresh Fruit/Juice Choice of Milk	Sausage Biscuit w/Gravy Tropical Parfait Cereal Fresh Fruit Choice of Milk
Breakfast Tornado Pop Tarts Cereal Fresh Fruit Choice of Milk	Breakfast Plate w/Sau- sage & Toast Pop Tarts Cereal Fruit Juice Fresh Fruit Choice of Milk	English Muffin Melt Pop Tarts Cereal Fresh Fruit Choice of Milk	Breakfast Burrito Build Your Own Break- fast Pop Tarts Cereal Fresh Fruits Choice of Milk	Egg & Cheese Biscuit Pop Tarts Cereal Fresh Fruit Choice of Milk

Fresh Pick Recipe

CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.

Breakfast Tacos are served daily!



Nutrition Information is available upon request.

