

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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5	6	7	8	9
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12	13	14	15	16
		Cheddar Cheese Nachos (v) Beef and Cheese Nachos Chicken Spaghetti Roasted Broccoli Diced Pears Variety of Milk	Cheese Pizza (v) Pepperoni Pizza Turkey Breast & Cheese Sub Sandwich Roasted Carrots Whole Apple Variety of Milk	Macaroni and Cheese (v) Beef Soft Tacos Turkey Dog Baked Beans Fresh Pears Variety of Milk

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19	20	21	22	23
Smothered Bean & Cheese Burrito (v) Orange Chicken Country Fried Steak Mashed Potatoes Applesauce Variety of Milk	Cheese Lasagna Roll Up (v) Corn Dog Spaghetti with Meatballs Mixed Vegetables Diced Pears Variety of Milk	Vegetarian Taco Salad (v) Chicken Sandwich Beefy Macaroni Herb Roasted Carrots Fresh Pears Variety of Milk	Cheddar Cheese Nachos (v) Beef and Cheese Nachos Chicken Alfredo Macaroni Charro Beans Banana Variety of Milk	WG Twisted Cheese Breadstick (v) Sunbutter and Jelly Sandwich (v) Breakfast Plate with Pancakes Potato Wedges Diced Peaches Variety of Milk

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26	27	28	29	30
Cheese Enchiladas (v) Frito Chili Pie Zesty Italian Wrap Green Beans Diced Pears Variety of Milk	Baked Penne Pasta (v) Chicken Strips and Waffle Meatloaf Mashed Potatoes Banana Variety of Milk	Bowtie Pasta with Queso Blanco (v) Chicken Enchilada Bake Chili Hot Dog Roasted Broccoli Apple Variety of milk	Garden Salad (v) WG Twisted Cheese Breadstick (v) BBQ Pork Sandwich Herb Roasted Carrots Pineapple Variety of Milk	Cheddar Cheese Nachos (v) Beef and Cheese Nachos Chicken Soft Tacos Mexican Black Beans Apple Variety 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.

www.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Strawberry Cream Cheese Filled Bagel (v) Chicken on a Biscuit Froot Loops Cereal (v)	Double Berry Yogurt Parfait (v) Egg & Potato Taco (v) Cinnamon Toast Crunch Cereal (v)	Mini Pancake Bites (v) English Muffin Melt (v) Lucky Charms Cereal (v)
Donut with Icing (v) Turkey Ham Breakfast on a Bun Rice Krispie Cereal (v)	Breakfast Crumble (v) Cheese Grits with Tur- key Sausage Froot Loops Cereal (v)	Strawberry Fields Parfait (v) Pancake on a Stick Cinnamon Toast Crunch Cereal (v)	Minni Cinnis (v) Egg & Cheese on a Biscuit (v) Lucky Charms Cereal (v)	Cherry Muffin (v) Turkey and Pork Breakfast Bites Cocoa Puff Cereal (v)
Mini Cinnamon Waffle Bites (v) Breakfast Quesadilla Froot Loops Cereal (v)	Strawberry Banana Parfait (v) Breakfast Taco Cinnamon Toast Crunch Cereal (v)	Banana Bread (v) Kolache Lucky Charms Cereal (v)	French Toast Sticks (v) Breakfast Burrito Cocoa Puffs (v)	Brown Sugar Cinnamon Poptart (v) Biscuit with Gravy Rice Krispie Cereal (v)

Fresh Pick Recipe

YUMMIEST POTATO SALAD

- 1 ½ lb Yukon gold potatoes (do not peel)
- 4 Eggs(hardboiled/separated/whites large dice)
- 1 Green bell pepper(medium size/ medium dice)
- 2 Green onions(sliced diagonal)
- 3 T Vinegar(red or white)
- 6 T Salad oil(light)
- Salt and pepper to taste
- 2 T Fresh Parsley(sliced)

1. Prepare ingredients as directed.
2. Boil potatoes in water until tender.
3. Drain potatoes and allow them to cool (may be placed in the refrigerator).
4. In medium bowl add the oil and vinegar.
5. Separate the yolk from the eggs and mash yolk with the oil and vinegar to a smooth consistency.
6. Cut potatoes in large dice and add to yolk mixture. Add green pepper, cooked egg whites, onion, and salt and pepper.
7. Gently fold the ingredients with the yolk mixture. (Note: if too dry-add equal amounts of oil and vinegar to moisten).
8. Garnish with the parsley. Dish can be served at room temperature or cold.

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Please look for these icons in your cafeteria.