

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

1

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11



15

16

Walking Taco

Bagel Kidzable, bagel, string cheese, Jelly, Danimal Yogart

Steamed Corn

17

Popcorn Chicken Bowl and Dinner Roll

Popcorn Chicken Salad and Dinner Roll

Mashed Potatoes

18

French Toast Sticks w/Scrambled Eggs and Syrup

Ham and Cheese Sandwich

Cinnamon Baked Apples



21

Cheese Pizza

Turkey & Cheese Wrap

Roasted Green Beans

22

Hot Dog

Soft Taco

Roasted Carrots

23

Chicken Nuggets

Crispy Chicken Salad

Mashed Potatoes

24

Mac & Cheese and Breadstick

American Sub

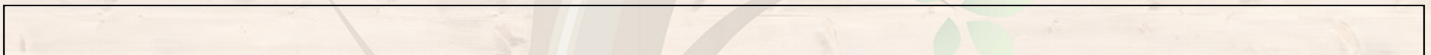
Steamed Black Beans

25

Chicken & Waffles and Syrup

Ham Kidzable, Ham, Doritos, Mozzarella Stick

French Fries



28

Chicken Drumstick and Dinner Roll

Crispy Chicken Wrap

Baked Beans

29

Sloppy Joe

Chef Salad and Twisted Breadstik

Tater Tots

30

Crispito with Cheese Sauce

Nacho Kidzable 2, tortilla chips, salsa, cheese sauce

Mixed Veggies

31

Sweet & Sour Chicken and Brown Rice

Ham and Cheese Sandwich

Green Peas

All Meals Choice of Assorted Fruits

Assorted Vegetables

Assorted Milk

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.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 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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sausage Breakfast Pizza Apple Frudel Cherry Frudel	Sausage, Egg, & Cheese Breakfast Blueberry Patch Parfait	Ham, Egg & Cheese Flatbread Cinamon Chip Scone Mixed Berry Scone
Egg & Cheese English Muffin French Toast Bites	Ham, Egg & Cheese Bagel Cinnamon Mini Bagels Strawberry Mini Bagels	Sausage Breakfast Pizza Blueberry Muffin Top and String Cheese and Grahams	Sausage Pancakes Bites Strawberry Field Parfait Strawberry Smoothie/String Cheese/Grahams	Biscuit & Gravy Donut
Toast Scrambled Eggs Maple Madness Mini Waffles	Sausage, Egg, & Cheese Breakfast French Toast Sticks	Sausage Breakfast Pizza Dutch Waffle	Bacon, Egg & Gravy Flatbread Just Peachy Parfait Mixed Berry Smoothie, String Cheese, Grahams	Sausage Biscuit Apple Frudel Cherry Frudel

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

freshpick
for better health



Nutrition Information is available upon request.

