

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
WELCOME BACK
FROM YOUR SODEXO
FOOD SERVICE TEAM!

2
SCHOOL LUNCH PRICES
PAID : 2.75
REDUCED : .40

3
YOUR SCHOOL LUNCH INCLUDES:
ALL OF THE GOVERNMENT
REQUIRED COMPONENTS
PROTEIN/VEGETABLE
FRUIT/GRAIN/MILK
EACH LUNCH IS "FULL" LUNCH



9
POPCORN CHICKEN MEAL
OR
AMERICAN DELI SANDWICH
BENTO BOX

10
CHICKEN PATTY
OR
YO TO GO BOX
(YOGURT W/ FRUIT)

11
CHEESE PIZZA
OR
TURKEY & CHEESE SUB

14
CHICKEN PATTY
OR
HAM & CHEESE SUB BOX

15
CHICKEN NUGGETS MEAL
OR
PROTEIN POWER UP BOX
(YOGURT, STRING CHEESE, PITA
POCKET)

16
"HYBRID DAY"
TURKEY & CHEESE SUB BOX

17
CHEESEBURGER
OR
CHEF SALAD BOX

18
ROSH HASHANAH
NO SCHOOL

21
BRUNCH FOR LUNCH
W/ WAFFLES
OR
YO TO GO BOX
(YOGURT, STRING CHEESE, PITA
POCKET)

22
MACARONI & CHEESE
OR
TURKEY & CHEESE SUB

23
"HYBRID DAY"
ITALIAN SUB BOX

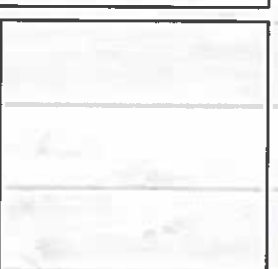
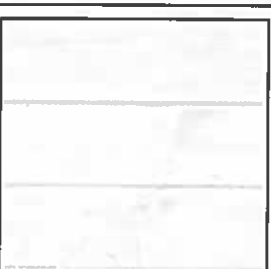
24
BEAN & CHEESE BURRITO
OR
HAM & CHEESE SUB BOX

25
PEPPERONI PIZZA
OR
TURKEY & CHEESE SANDWICH
BOX

28
YOM KIPPUR
NO SCHOOL !

29
CHICKEN PATTY
OR
AMERICAN SANDWICH BENTO
BOX

30
"HYBRID DAY"
CHICKEN CAESAR SALAD



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/>.



Sedexo 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
		APPLE CINNAMON MUFFIN GRAHAM CRACKERS FRUIT MILK	COLD CEREAL GRAHAM CRACKERS FRUIT MILK	CINNI-MINI GRAHAM CRACKERS FRUIT MILK
COLD CEREAL GRAHAM CRACKERS FRUIT MILK	BAGEL & CREAM CHEESE FRUIT MILK	BANANA BREAD SLICE FRUIT MILK	BLUEBERRY MUFFIN GRAHAM CRACKERS FRUIT MILK	NO SCHOOL !
APPLE CINNAMON MUFFIN GRAHAM CRACKERS FRUIT MILK	BAGEL W/ CREAM CHEESE FRUIT MILK	COLD CEREAL GRAHAM CRACKERS FRUIT MILK	BLUEBERRY MUFFIN GRAHAM CRACKERS FRUIT MILK	SOFT FILLED COCOA BAR GRAHAM CRACKERS FRUIT MILK
NO SCHOOL !	BAGEL W/ CHEESE CREAM FRUIT MILK	COLD CEREAL GRAHAM CRACKER FRUIT MILK		

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ¼ 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.

