

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1	2	3	4	5

8	9	10	11	12

Local ingredients used when seasonally available

15	16	17	18	19
			Orange Chicken Nuggets with Brown Rice Classic Chef Salad w/ Breadstick Sunbutter & Jelly Sandwich (V) ~~~~~ Green Peas, Fresh Broccoli Florets, Garden Side Salad, Applesauce, Diced Pears	Crispy Chicken Wrap Cheese Nachos w/ Taco Meat Double Berry Parfait w/ String Cheese & Graham Cracker (V) ~~~~~ Baby Carrots, Caesar Side Salad, Strawberries, Orange Smiles

Variety of fat free and low fat milk offered daily

22	23	24	25	26
Baked Penne Pasta Crispy Chicken Sandwich Kidzable: Italian (P) or Vegetarian (V) ~~~~~ Roasted Green Beans, Baby Carrots, Garden Side Salad, Fresh Apple Slices, Diced Peaches	Pepperoni Pizza Classic Chef Salad w/ Garlic Knot Bread Veggie Burger (V) ~~~~~ Roasted Broccoli, Caesar Side Salad, Fresh Tomato Cucumber Salad, Pineapple Tidbits, Orange Smiles	Barbecue Rib Sandwich Crispy Chicken Nuggets w/ Bread Strawberry Banana Parfait w/ String Cheese & Graham Crackers (V) ~~~~~ Smile Fries, Celery Sticks, Super Side Salad, Banana, Blueberries	Beefy Totchos Crispy Chicken Wrap Turkey & Cheese Sandwich ~~~~~ Roasted Corn, Fresh Broccoli Florets, Garden Side Salad, Applesauce, Diced Pears	Glazed Chicken Drumstick w/ Breadstick Sunbutter & Jelly Sandwich (V) Steak Fingers w/ Old Fashioned Country Biscuit Gravy ~~~~~ Vegetarian Bake Beans, Whipped Potatoes, Baby Carrots, Caesar Side Salad, Orange Smiles, Strawberries

(V) denotes vegetarian friendly item (P) denotes pork item

29	30	31		
Deluxe Cheeseburger Classic Chicken Alfredo Macaroni w/ Garlic Knot Bread Just Peachy Parfait w/ String Cheese & Graham Cracker (V) ~~~~~ Roasted Summer Squash, baby Carrots, Garden Side Salad, Apple slices, Diced Peaches	Crispy Chicken Wrap Popcorn Chicken Potato Bowl w/ Old Fashioned Country Biscuit Gravy Chicken Caesar Salad w/ Breadstick ~~~~~ Vegetarian Baked Beans, Fresh Tomato & Cucumbr Salad, Caesar Side Salad, Pineapple Tidbits, Orange Smiles	Mozzarella Stuffed Breadsticks w/ Marinara Sauce (V) Meatball Sub Buffalo Chicken Wrap ~~~~~ Roasted California Vegetables, Celery Sticks, Super Side Salad, Banana, Blueberries		



## The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.<sup>1</sup> 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.<sup>1</sup> 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.liftoffsplyground.com](http://www.liftoffsplyground.com)

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Variety of fat free and low fat milk offered daily</i>	2	3	4	5
8	9	10	11	12
15	16	17	18 Cinamon Chex Cereal Diced Peaches	19 Apple Cinammon Nutrigrain Bar Orange Smiles
22 Cheerios Cereal Fresh Apple Slices	23 Breakfast Sandwich Orange Juice	24 Sausage Breakfast Pizza Strawberries	25 Blueberry Muffin Diced Peaches	26 Egg & Cheese Breakfast Taco Orange Smiles
29 Multigrain Frosted Flakes Diced Pears	30 Apple Cinammon Nutrigrain Applesauce	31 Breakfast on a Stick Strawberries	1 Cinnamon Roll Orange Juice	2 Confetti Pancakes Blueberries

Revised: 5/17/2022

Menu is subject to change due to product availability.

## 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.