

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

6

7

10

11

12

13

14

17

18

19

20

21

24

25

26

27

28

ENTREE CHOICE

Ham Sub Box w/ Juice
Chicken Caesar Salad
PBJ Box w/ Juice

CHOOSE UP TO 2 SIDES:

Strawberry Craisins
Mini Side Salad

ENTREE CHOICE

Turkey Sub Box w/ Juice
Chef Salad
PBJ Box w/ Juice

CHOOSE UP TO 2 SIDES:

Roasted Italian Chickpeas
Chilled Peaches

ENTREE CHOICE

Pizza Bento Box w/Fresh Fruit
Crispy Chicken Wrap
PBJ Box w/Fresh Fruit

CHOOSE UP TO 2 SIDES:

Bagged Baby Carrots
Mixed Fruit

ENTREE CHOICE

Sandwich Bento Box w/Blueberries
Yo-To-Go Box w/Blueberries
PBJ Box w/Blueberries

CHOOSE UP TO 2 SIDES:

Chilled Corn
Chilled Applesauce

ENTREE CHOICE

Ham Sub Box w/Fresh Fruit
Chicken Caesar Wrap
PBJ Box w/Fresh Fruit

CHOOSE UP TO 2 SIDES:

Bagged Celery Sticks
Chilled Peaches

31

ENTREE CHOICE

Sandwich Bento Box w/Canned Fruit
Turkey Sub Box w/Canned Fruit
PBJ Box w/Canned Fruit

CHOOSE UP TO 2 SIDES:

Bagged Baby Carrots
Apple Juice

A Guide to Safety with School Meals in the Wake of COVID-19

As the world continues the long journey back to normalcy after the COVID-19 pandemic, many students are gearing up to start a new academic year faced with new, extraordinary challenges. The start of a school year can cause anxiety for both new and returning students and parents, and recent events have added reasonable concerns about health and

safety in the wake of the global pandemic that altered the way we live, work and learn. Sodexo understands these concerns, and we are committed to protecting the health and safety of everyone who eats in our schools, as well as all members of our foodservice staff.



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
Colby Cheese Omelet Assorted Cereal Graham Cracker Strawberry Craisins	Mini Pancakes w/ Syrup Peach Parfait Assorted Cereal Graham Cracker Chilled Peaches	Fresh Biscuit w/ Sausage Gravy Assorted Cereal Graham Cracker Fresh Orange	Tater Tot Burrito Blueberry Parfait Assorted Cereal Graham Cracker Chilled Blueberries	Sausage Breakfast Pizza Assorted Cereal Graham Cracker Fresh Orange
Chicken Biscuit Assorted Cereal Graham Cracker Mixed Fruit				

Fresh Pick Recipe

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¼ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.



Nutrition Information is available upon request.



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.