

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Pancakes with Sausage
Chicken Patty on Bun
Golden Corn
Assorted Fruit

2

Pretzel Melt
Soft Shell Taco
Baked French Fries
Assorted Fruit

3

General Tso's Chicken over Rice
Cheese Dog
Homestyle Baked Beans
Assorted Fruit

4

School Closed

5

School Closed

PBJ and Meat and Cheese Available Daily

8

Egg Potato Sausage Casserole
Cheese Burger on Bun
Steamed Carrots
Assorted Fruit

9

Cheese Queso
Popcorn Chicken/Roll
Smiley Fries
Assorted Fruit

10

Nacho's/ Cheese
Turkey Bacon Club
Steamed Broccoli
Assorted Fruit

11

BBQ Pork Sandwich
Italian Chicken Sandwich
Mixed Vegetables
Assorted Fruit

12

Cheesy Pizza
Tuna Fish on Roll
Tossed Salad
Assorted Fruit

15

French Toast Sticks/Sausage
Pretzel Melt
Steamed Peas
Assorted Fruit

16

Chicken Nuggets/Roll
Stuffed Potato Skins
Golden Corn
Assorted Fruit

17

Cheesy Garlic Flatbread
Chicken Patty on Bun
Macaroni Salad
Assorted Fruit

18

Hot Turkey Sandwich
Cheese Burger on Bun
Mashed Potatoes
Assorted Fruit
Cookie with Lunch

19

Cheesy Pizza
Ham and Cheese Sub
Fresh Carrots
Assorted Fruit

22

Egg Patty with Sausage
Chicken Patty
Garlic Green Beans
Assorted Fruit

23

Chicken Tenders/Roll
Spaghetti with Meat Sauce
Golden Corn
Assorted Fruit

24

Cheesy Pizza
Fish Sticks/Chips
Sweet Potato Fries
Assorted Fruit



29

Pancakes with Sausage
Cheese Steak Sandwich
Broccoli
Assorted Fruit

30

Chicken/Cheese Taquito
Cheese Ravioli/Roll
Mixed Vegetables
Assorted Fruit

Menu Subject To Change

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.

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BREAKFAST

Breakfast

MONDAY: Pop Tarts, Cereal Bar, Muffins, Yogurt

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Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

Nutrition Information is available upon request.

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