

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/>.



Sodexo is committed to promoting healthier food choices and encouraging students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-2 Labor Day!	9-3 Breakfast Sausage Pizza Benefit Bar	9-4 Yogurt & Graham Crackers Zucchini, banana, or Chocolate Bread	9-5 Breakfast Sausage Pizza Cinnamon Bun	9-6 French Toast Sticks & Sausage Patty Ultimate Breakfast Round
9-9 Egg & Cheese Rolled Taco Mini-Cinni Rolls	9-10 Breakfast Sausage Pizza Benefit Bar	9-11 Pancakes Zucchini, Banana, or Chocolate Bread	9-12 Breakfast Sausage Pizza Cinnamon Bun	9-13 Waffle Sticks & Sausage Patty Ultimate Breakfast Round
9-16 French Toast Mini-Cinni Rolls	9-17 Breakfast Sausage Pizza Benefit Bar	9-18 Yogurt & Graham Crackers Zucchini, Banana or Chocolate Bread	9-19 Breakfast Sausage Pizza Cinnamon Bun	9-20 French Toast Sticks & Sausage Patty Ultimate Breakfast Round
9-23 Egg & Cheese Rolled Taco Mini-Cinni Roll	9-24 Breakfast Sausage Pizza Benefit Bar	9-25 Pancakes Banana, Zucchini or Chocolate Bread	9-26 Breakfast Sausage Pizza Cinnamon Bun	9-27 Waffle Sticks & Sausage Patty Ultimate Breakfast Round
9-30 French Toast Mini-Cinni Roll			We offer cereal daily with string cheese, graham crackers or sunflower seeds	We offer fruit, juice and a variety of milk with your breakfast

Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.



.....Monday.....Tuesday.....Wednesday.....Thursday.....Friday.....
...Fresh Fruit.....	...Fresh Fruit.....	...Fresh Fruit.....	...Fresh Fruit.....	...Fresh Fruit.....
...Raisins.....	...Raisins.....	...Raisins.....	...Raisins.....	...Raisins.....
...Mixed Fruit.....	...Applesauce.....	...Diced Peaches.....	...Mixed Fruit.....	...Diced Pears.....
...Garden Salad.....	...Caesar Salad.....	...Garden Salad.....	...Caesar Salad.....	...Garden Salad.....
...Baby Carrots.....	...Baby Carrots.....	...Jicama Sticks.....	...Cucumber Slices.....	...Baby Carrots.....
...Green Beans.....	...Pinto Beans.....	...Cherry Tomatoes.....	...Kidney Beans.....	...Cherry Tomatoes.....
...Celery Sticks.....	...Green Peas.....	...Garbanzo Beans.....	...Corn.....	...Broccoli.....

Nutrition Information is available upon request.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3	4	5	6
Labor Day!!	Mac & Cheese w/Breadstick* Bean & Cheese Burrito* Hot Ham & Cheese Sandwich Taco Salad with Tortilla Chips	Breakfast 4 Lunch: Pancakes & Sausage Links Grilled Cheese Sandwich* Mini Corn Dogs Chef Salad w/Breadstick	Chicken Tenders & Biscuit Cheese* or Pepperoni Pizza Sun-Butter & Jelly Sandwich & String Cheese* Yogurt Parfait & String Cheese*	Orange Chicken & Rice Crispy Chicken or Spicy Chicken Sandwich Cheese Quesadilla* Crispy Chicken Salad w/Breadstick

You must select a half a cup of fruit or vegetable or a combination of both with your meal. You may select more.

9	10	11	12	13
Chicken Nuggets & Biscuit Cheese* or Pepperoni Pizza American Sub Chicken Caesar Salad w/Breadstick	Bean & Cheese Nachos* Hamburger or Cheeseburger Beans Cheese Burrito* Turkey & Cheese Sub	Chicken Soft Tacos Crispy Chicken or Spicy Chicken Sandwich Cheese Quesadilla* Chef Salad w/Breadstick	Chicken Drumstick & Biscuit Cheese* or Pepperoni Pizza Mini Corn Dogs Yogurt, String Cheese, & Soft Baked Pretzel*	Tenyaku Dippers & Rice Crispy Chicken or Spicy Chicken Sandwich Italian Dunkers* Sun-Butter & Jelly Sandwich & String Cheese

We offer fruits and vegetables daily on our Garden Bar for your selection with your lunch meal.

16	17	18	19	20
Hot Dog w/Tator Tots Cheese* or Pepperoni Pizza Turkey & Cheese Sub Protein Pack*	Mac & Cheese w/Breadstick* Bean & Cheese Burrito* Hot Ham & Cheese Sandwich Taco Salad with Tortilla Chips	Breakfast 4 Lunch: Pancakes & Sausage Links Grilled Cheese Sandwich* Mini Corn Dogs Chef Salad w/Breadstick	Chicken Tenders & Biscuit Cheese* or Pepperoni Pizza Sun-Butter & Jelly Sandwich & String Cheese* Yogurt Parfait & String Cheese*	Orange Chicken & Rice Crispy Chicken or Spicy Chicken Sandwich Cheese Quesadilla* Crispy Chicken Salad w/Breadstick

We offer non fat chocolate milk and 1% white milk with your meal.

23	24	25	26	27
Chicken Nuggets & Biscuit Cheese* or Pepperoni Pizza American Sub Chicken Caesar Salad w/Breadstick	Bean & Cheese Nachos* Hamburger or Cheeseburger Bean & Cheese Burrito* Turkey & Cheese Sub	Chicken Soft Tacos Crispy Chicken or Spicy Chicken Sandwich Cheese Quesadilla* Chef Salad w/Breadstick	Chicken Drumstick & Biscuit Cheese* or Pepperoni Pizza Sun-Butter & Jelly Sandwich & String Cheese* Yogurt, String Cheese, & Soft Baked Pretzel*	Pizza Day!! Cookie Day!!

Cookie & Pizza Day are Friday September 27th

30				
Hot Dog w/Tator Tots Cheese* or Pepperoni Pizza Turkey & Cheese Sub Protein Pack*				

Menu is subject to change.

This institution is an equal opportunity provider.