

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



FRUITS AND VEGETABLES, LOW FAT/FAT FREE MILK & 100% JUICE OFFERED DAILY.

5

Cheeseburger
W/Chips

6

Ham & Cheese Sandwich
W/Chips

7

Popcorn Chicken w/Roll

8

Crispy Chicken Sandwich
w/Tater Tots

9

French Toast Sticks
w/Chicken Nuggets

12

Crispy Chicken Sandwich
W/Tots

13

Chicken Nuggets w/Roll

14

Ham & Cheese Sub
W/Chips

15

Cheeseburger
w/Fries

16

Cheese or Pepperoni Pizza

19

Cheesy Breadsticks
w/Marinara Sauce

20

Turkey, Bacon & Cheese Sandwich
W/Chips

21

Italian Sub
(turkey, ham, pepperoni)
W/Chips

22

Chicken & Cheese Burrito

23

Macaroni & Cheese
w/Dinner Roll

26

Corn Dogs
W/Chips

27

Cheese or Pepperoni Pizza

28

Chicken Nuggets
w/Dinner Roll

29

Turkey & Cheese Sub
W/Chips

30

Crispy Chicken Sandwich
w/Tater Tots

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

Weekly Options

MONDAY: Cereal Bar
Juice
Milk

TUESDAY: Sausage, Cheese & Biscuit
Fruit
Milk

WEDNESDAY: UBR
Juice
Milk

THURSDAY: Muffins
Juice
Milk

FRIDAY: Mini Maple Waffles
Fruit
Milk

Fresh Pick Recipe

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber



SCHOOL YEAR PRICES FALL 2020

No cost all grades for breakfast and lunch.

What is a Reimbursable Meal?

Students must select 3 of the 5 food groups, 1 of which **MUST** be a fruit or vegetable.



Nutrition Information is available upon request.



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.