

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



2  
No School  
Labor Day

9  
Turkey Hot Dog  
Chef Salad/WG Roll  
Chicken Sandwich  
Cheese Pizza

16  
Beefy Nachos  
Chef Salad/WG Roll  
Chicken Sandwich  
Cheese Pizza

23  
Beef Soft Tacos  
Chef Salad/WG Roll  
Chicken Sandwich  
Cheese Pizza

30  
Cheese Quesadilla  
Chef Salad/WG Roll  
Chicken Sandwich  
Cheese Pizza

27  
Chicken Nuggets  
with Brown Rice  
Egg Salad Sandwich  
Chicken Sandwich  
Hamburger

3  
Chicken Nuggets  
with Brown Rice  
Chicken Caesar Salad  
Chicken Sandwich  
Hamburger

10  
Chicken Nuggets  
with Brown Rice  
Egg Salad Sandwich  
Chicken Sandwich  
Hamburger

17  
Chicken Nuggets  
with Brown Rice  
Chicken Caesar Salad  
Chicken Sandwich  
Hamburger

24  
Chicken Nuggets  
with Brown Rice  
Egg Salad Sandwich  
Chicken Sandwich  
Hamburger

Breakfast Prices  
Student: \$1.25  
Reduced: Free  
Adult: \$2.25  
Milk: \$.55

28  
Teriyaki Dippers  
with Brown Rice  
Chef Salad/WG Roll  
Chicken Sandwich  
Cheese Pizza

4  
Teriyaki Chicken  
with Brown Rice  
Chef Salad/WG Roll  
Chicken Sandwich  
Pepperoni Pizza

11  
Cheesy Nachos  
Chef Salad/WG Roll  
Chicken Sandwich  
Pepperoni Pizza

18  
Sweet and Sour Chicken  
Chef Salad/WG Roll  
Chicken Sandwich  
Pepperoni Pizza

25  
Teriyaki Dippers  
with Brown Rice  
Chef Salad/WG Roll  
Chicken Sandwich  
Pepperoni Pizza

Lunch Prices  
Student: \$2.50  
Reduced K-3: Free  
Reduced 4-5: \$.40  
Adult: \$3.50  
Milk: \$.55

29  
Breakfast for Lunch  
Waffles and Omelets  
Crispy Chicken Salad  
Chicken Sandwich  
Hamburger

5  
Chili Fritos  
Crispy Chicken Salad  
Chicken Sandwich  
Hamburger

12  
Macaroni and Cheese  
Crispy Chicken Salad  
Chicken Sandwich  
Hamburger

19  
Turkey Gravy/WG Roll  
Mashed Potatoes  
Crispy Chicken Salad  
Chicken Sandwich  
Hamburger

26  
Enchiladas  
Crispy Chicken Salad  
Chicken Sandwich  
Hamburger



30  
WG Turkey Corn Dog  
Cobb Salad/WG Roll  
Chicken Sandwich  
Cheese Pizza

6  
BBQ Beef Sandwich  
Cobb Salad/WG Roll  
Chicken Sandwich  
Cheese Pizza

13  
Strawberry Parfait  
with Granola  
Cobb Salad/WG Roll  
Chicken Sandwich  
Cheese Pizza

20  
BBQ Chicken Sandwich  
Cobb Salad/WG Roll  
Chicken Sandwich  
Cheese Pizza

27  
WG Turkey Corn Dog  
Cobb Salad/WG Roll  
Chicken Sandwich  
Cheese Pizza

Fresh Pick for Aug-Sept is  
sweet crunchy Jicama look for  
it on the salad bar on Fridays.

## Start the Year with a Smart Lunch

A "Smart Lunch" is one that takes into consideration the taste preferences of kids but also packs all the nutrition a child needs to learn and grow. Although it seems simple, proper meal planning can be tough. Building a healthy lunch means filling up on fruits and vegetables, as well as lean proteins and wholesome grains. This balanced approach to eating is consistent with the National School Lunch meal planning guidelines where children are encouraged to select foods from all food groups, at least 50% or more of the grains are whole grain rich and students are required to take at least ½ cup of fruits or vegetables. Planning meals this way helps ensure students are:

1. Getting the right mix of nutrients to promote good health and focus in the classroom.
2. Eating enough fiber every day.
3. Reducing their intake of added fats, sugars and sodium.
4. Filling up their bellies and feeling satisfied after a meal without over-doing it with too many unnecessary calories.

Take a moment to review the school lunch menu with your children and talk about what food choices would be best for their lunch. If you have questions about the meal program, please contact your school foodservice manager. We look forward to helping ensure your child is satisfied, nourished and ready to achieve!



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.liftoffplayground.com](http://www.liftoffplayground.com)

## BREAKFAST

Ultimate Breakfast Round & Low Sugar WG Cereals with WG Toast offered daily along with Fresh and Canned Fruit

**MONDAY:** French Toast

**TUESDAY:** Breakfast Pizza

**WEDNESDAY:** Waffles or Oatmeal

**THURSDAY:** Pancake Sausage Stick

**FRIDAY:** French Toast Sticks

Breakfast Prices: Student: \$1.25, Reduced: Free, Adult: \$2.25, Milk: \$.55

### Fresh Pick Recipe

#### AVOCADO TOMATO SALAD (SERVES 4)

- 1/3 cup and 1 Tbsp avocados (cubes)
  - 1 Tbsp and 1 3/4 tsp lime juice
  - 1 1/2 cups and 1 1/2 Tbsp peeled cucumber (chopped)
  - 1 1/2 cups and 1 1/2 Tbsp red tomato (chopped)
  - 2 3/8 tsp cilantro
  - 2 3/8 tsp parsley (chopped)
  - 1/8 tsp salt
  - 1/8 tsp black pepper
  - 3 Tbsp and 5/8 tsp cup Italian salad dressing
1. Cut avocado in half. Remove seed with chef knife and peel with teaspoon. Dice. Toss with lime juice to prevent browning.
  2. Peel and dice cucumber 1/4".
  3. Dice tomato 1/4".
  4. Wash cilantro and parsley and pat dry. Pull leaves off the stem and roughly chop.
  5. Combine cucumber, tomato, cilantro, salt and pepper with dressing in a large non-reactive bowl.
  6. Allow at least 30 minutes for the flavors to meld.
  7. Before service, gently mix in avocados and garnish with parsley.

## Choose a balanced Plate

Students may choose from 4 different entrees each day all of which meet the guidelines for the Healthy Hunger Free Kids Act including whole grains, lean meat and lowfat cheese. There is a variety of fruits and vegetables offered to complete a balanced plate. Fat Free, 1%, and Fat Free Low Sugar Chocolate Milk is available every day.



Choose **MyPlate**.gov

