

MONDAY




So Happy
Sodexo's menu app with nutrition and allergen information!

TUESDAY

***Gluten Free Option

WEDNESDAY



GET IT ON Google Play
Scan to download the So Happy app from the Google Play Store.

THURSDAY

1

FRIDAY



Download on the App Store
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5 6 7 8 9

5

6

7

8

Student Breakfast: \$1.50
Student Lunch: \$2.60

9

12 14 15 16

12



WELCOME BACK

14

15

1- Cinnamon Roll Kidzables
2- Beef & Cheese Nachos***
3- Honey Chicken Biscuit Sandwich
4- Blueberry Parfait

Mixed Greens, Spinach, Cauliflower, Baby Carrots, Mixed Fruit & Strawberries. Refried Beans

A

16

1- Pepperoni Pizza Kidzable*
2- French Toast Sticks w/ Eggs
3- Mini Corn Dogs
4- Turkey & Cheese Sandwich***

Mixed Greens, Cherry Tomatoes, Cucumber Slices, Celery, Grapes, Oranges & Hashbrowns

B

19 20 21 22 23

19

1 - Ham Kidzable
2 - Pepperoni Pizza***
3 - Crispy Chicken Sandwich
4 - Sunbutter & Jelly Sandwich

Mixed greens, Celery, Baby Carrots, Cauliflower, Peaches & Apple. Broccoli w/Cheese Sauce.

C

20

1 - Pepperoni Kidzable*
2 - Hamburger
3 - Mac & Cheese w/ Breadstick
4 - Double Berry Parfait***

Mixed greens, Cucumbers, Broccoli, Cherry Tomatoes, Pears, Oranges & Smile Fries

D

21

1 - Turkey Kidzable
2 - Chicken Nuggets***
3 - Beef Soft Tacos
4 - Fruit Bowl w/Muffin

Mixed Greens, Red Peppers Sticks, Celery, Cauliflower, Applesauce, Bananas & Corn

E

22

1 - Cinnamon Roll Kidzable
2 - Walking Taco
3 - Grilled Cheese Sandwich***
4 - Strawberry Banana Parfait

Mixed Greens, Spinach, Baby Carrots, Cucumbers, Mixed fruit, Strawberries & Black Beans

A

23

1-Pepperoni Pizza Kidzables'
2-Dutch Waffle w/ Cheesy Eggs
3-Mozzarella Sticks w/ Marinara
4-American Sub***

Mixed Greens, Cauliflower, Broccoli, Carrots, Pineapple, Apples & Green Beans

B

26 27 28 29 30

26

1-Ham, Cheese & Cracker Kidzable'
2-Cheese Pizza***
3-Orange Chicken w/ Rice
4-Italian Sub

Mixed Greens, Baby Carrots, Celery sticks, Spinach, Peaches, Oranges & California Blend

C

27

1-Pepperoni Kidzables'
2-Cheeseburger***
3-Garlic Cheesy Bread w/ Marinara
4-Blueberry Parfait

Mixed Greens, Cauliflower, Broccoli, Cucumber, Strawberries, Apple & Oven Fries

D

28

1-Turkey Kidzables'
2-Chicken Nuggets***
3-Meatball Sub
4-Fruit Bowl w/ Bug Bites

Mixed Greens, Red Peppers, Celery, Baby Carrots, Applesauce, Bananas & Whipped Potatoes & Gravy.

E

29

1-Cinnamon Roll Kidzables'
2-Crispito w/Chips & Cheese
3-Hot Ham & Cheese Sandwich
4-Banana Split Parfait***

Mixed Greens, Broccoli, Carrots, Cucumbers, Pears, Grapes & Refried Beans w/Cheese.

A

30

1 - Pepperoni Pizza Kidzables'
2 - Pancakes w/ Cheesy Eggs
3 - Hot Dog***
4 - Turkey & Cheese Sandwich

Mixed Greens, Spinach, Baby Carrots, Celery, Fruit Mix, Apples & Sweet Potatoes

B

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 encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 - Cinnamon Roll 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bars	1 - Mini Confetti Pancakes 2 - Assorted Muffin & Purple Daze 3 - Assorted Cereal & Cereal Bars
1 - Bacon, Egg & Cheese Biscuit 2 - Pop Tart w/ Cheese Stick 3 - Assorted Cereal & Cereal Bar	1 - French Toast Sticks 2 - Mini Donuts 3 - Assorted Cereal & Cereal Bar	1 - Cinnamon Toast crunch Pastry 2 - Assorted Muffins & Cheese Stick 3 - Assorted Cereal & Cereal Bar	1 - Egg & Cheese Croissant 2 - Mini Donuts 3 - Assorted Cereal/Cereal Bar & Animal Crackers	1 - Sausage Breakfast Pizza 2 - Fruit Frudel 3 - Assorted Cereal/Cereal Bar & Scooby
1 - Sausage & Cheese Biscuit 2 - French Toast Benefit Bar & Cheese Stick 3 - Assorted Cereal/Cereal Bar &	1 - Cocoa Puff Pastry 2 - Mini Donut 3 - Assorted Cereal/Cereal Bar & Animal Craackers	1 - Mini Bagels 2 - Assorted Muffin & Yogurt 3 - Assorted Cereal/Cereal Bar&& Yogurt	1 - Ham, Egg & Cheese Bagel 2 - Mini Donut 3 - Assorted Cereal/ Cereal Bar & Animal Cracker	1 - Ring Donut 2 - Yogurt Cup & Gripz 3 - Assorted Cereal/ Cereal Bar

Fresh Pick Recipe

STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries, (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 C Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.

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