

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Welcome Back
to School!!

2



3

4

Meatball Parm. Sandwich

Chicken Nuggets
with Dinner Roll

Broccoli
Side Salad

Fruit/ Milk

5

Cheese or Pepperoni
French Bread Pizza

Seasoned Green Beans
Side Salad

Fruit/ Milk

Offered Daily: Turkey and Cheese Sub or Peanut Butter and Jelly

8

Breaded Drumstick
with Dinner Roll

Hot Dog

Baked Beans
Cucumber Slices

Fruit/ Milk

9

Chicken Nachos

Chicken Patty

Corn
Cucumber Slices

Fruit/ Milk

10

Macaroni and Cheese
with Dinner Roll

Cheeseburger

Carrot Coins
Cucumber Slices

Fruit/ Milk

11

Bite Science!
Chicken Chick Pea Biryani

General Tso's Chicken
with Rice

Chicken Nuggets
with Dinner Roll

Cauliflower

12

Cheese
or Pepperoni
Pizza

Roasted Broccoli
Cucumber Slices

Fruit/ Milk

Offered Daily: Double Berry Parfait or Peanut Butter and Jelly

15

Cheese Quesadilla

Hot Dog

Sweet Potato Fries
Carrot Sticks

Fruit/ Milk

16

Chicken Fajitas

Chicken Patty

Refried Beans
Carrot Sticks

Fruit/ Milk

17

Pasta
with Meat Sauce

Cheeseburger

Parmesan Green Beans
Carrot Sticks

Fruit/ Milk

18

BBQ Chicken Sandwich

Chicken Nuggets
with Dinner Roll

Elote Corn
Carrot Sticks

Fruit/ Milk

19

Cheese or Pepperoni
Pizza Dunkers

Roasted Broccoli
Baby Carrots

Fruit/Milk

Offered Daily: Chicken Caesar Salad with Breadstick or Peanut Butter and Jelly

22

Pancakes
with Sausage

Hot Dog

Parmesan Green Beans
Cherry Tomatoes

Fruit/ Milk

23

Twin Tacos
with Brown Rice

Chicken Patty

Stewed Pinto Beans
Cherry Tomatoes

Fruit/ Milk

24

Bite Science!
Chicken Chickpea Biryani

Pasta with Alfredo Sauce

Cheeseburger

Candied Sweet Potatoes
Cherry Tomatoes

25

Chicken Lo Mein

Chicken Nuggets
with Dinner Roll

Roasted Broccoli
Cherry Tomatoes

Fruit/ Milk

26

Cheese or Pepperoni
French Bread Pizza

Green Peas
Cherry Tomatoes

Fruit/ Milk

Offered Daily: Ham and Cheese Sub or Peanut Butter and Jelly

29

Grilled Ham and Cheese
on Waffle Flatbread

Hot Dog

Sweet Potato Fries
Celery Sticks

Fruit/ Milk

30

Beef Totchos

Chicken Patty

Tater Tots
Celery Sticks

Fruit/ Milk

Menu Subject
to Change

Offered Daily: EZ Pizza Bento or Peanut Butter and Jelly

The Big 9

Approximately 90% of food allergy reactions occur from one of nine common foods in the U.S. known as "The Big 9." These foods include: milk, eggs, peanuts, sesame, tree nuts, fish, crustacean shellfish, wheat and soy. More than 160 foods have been identified to cause food allergies in sensitive individuals. There are also several food ingredients that cause nonallergic hypersensitivity reactions in sensitive individuals.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 Information available at:
<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

2.Food Allergy Research & Education (FARE)
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.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Chicken Sausage Pancake Bite Bagel with Cream Cheese Yogurt with Graham Cracker Juice/ Milk	Egg and Cheese on a Bagel Cereal Bar with Graham Cracker Yogurt with Graham Cracker Juice/ Milk
Breakfast Burrito Banana Muffin with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Blueberry Waffle Cereal with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Mini Pancakes Cinnamon Pop tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Chicken Biscuit Bagel with Cream Cheese Yogurt with Graham Cracker Juice/ Milk	Maple Waffle Cereal Bar with Graham Cracker Yogurt with Graham Cracker Juice/ Milk
Mini Cinni Banana Muffin with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Sausage, Egg and Cheese on Waffle Flat- bread Cereal with Graham Cracker Yogurt with Graham Cracker	Cinnamon Roll Cinnamon Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Chicken Sausage Pancake Bite Bagel with Cream Cheese Yogurt with Graham Cracker Juice/ Milk	Egg and Cheese on a Bagel Cereal Bar with Gra- ham Cracker Yogurt with Graham Cracker Juice/ Milk
Breakfast Burrito Banana Muffin with Graham Cracker Yogurt with graham Cracker Juice/ Milk	Blueberry Waffle Cereal with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Mini Pancakes Cinnamon Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Chicken Biscuit Bagel with Cream Cheese Yogurt with Graham Cracker Juice/ Milk	Maple Waffle Cereal Bar with Graham Cracker Yogurt with Graham Cracker Juice/ Milk
Min Cinni Banana Muffin with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Sausage, Egg and Cheese on Waffle Flat- bread Cereal with Graham Cracker Yogurt with Graham Cracker			

Fresh Pick Recipe

WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

NUTRITION FACTS:
13 calories, .08g fat,
5mg sodium, .65g fiber

Please email stacie.lyman@sodexo.com
with any dietary restrictions or questions about your child's account.

Online deposits- <https://www.schoolcafe.com/DOWNTOWNSHIPSD>

Menu Subject to Change

Nutrition Information is available upon request.