

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Welcome Back
to School!!

2



3

4

Meatball Parm. Sandwich

Broccoli

Fruit/ Milk

5

Cheese
French Bread Pizza

Side Salad

Fruit/ Milk

8

Breaded Drumstick
with Dinner Roll

Baked Beans

Fruit/ Milk

9

Chicken Patty

Corn

Fruit/ Milk

10

Macaroni and Cheese
with Dinner Roll

Cucumber Slices

Fruit/ Milk

11

Popcorn Chicken
with Rice

Cauliflower

Fruit/ Milk

12

Cheese Pizza

Roasted Broccoli

Fruit/ Milk

15

Cheese Quesadilla

Sweet Potato Fries

Fruit/ Milk

16

Chicken Fajitas

Carrot Sticks

Fruit/ Milk

17

Pasta
with Meat Sauce

Parmesan Green Beans

Fruit/ Milk

18

BBQ Chicken Sandwich

Elote Corn

Fruit/ Milk

19

Cheese or Pepperoni
Pizza Dunkers

Roasted Broccoli

Fruit/Milk

22

Pancakes
with Sausage

Parmesan Green Beans

Fruit/ Milk

23

Twin Tacos
with Brown Rice

Stewed Pinto Beans

Fruit/ Milk

24

Pasta with Alfredo Sauce

Candied Sweet Potatoes

Fruit/ Milk

25

Chicken Nuggets
with Dinner Roll

Roasted Broccoli

Fruit/ Milk

26

Cheese
French Bread Pizza

Cherry Tomatoes

Fruit/ Milk

29

Grilled Ham and Cheese
on Waffle Flatbread

Sweet Potato Fries

Fruit/ Milk

30

Beef Totchos

Tater Tots

Fruit/ Milk

Offered Daily: Hot Dog,
Yogurt Boat,
Peanut Butter and Jelly

For Sept. 4 only-
Turkey and Cheese will replace
Yogurt Boat

Menu Subject
to Change

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
			Bagel with Cream Cheese Juice/ Milk	Cereal Bar with Graham Cracker Juice/ Milk
Banana Muffin with Graham Cracker Juice/ Milk	Cereal with Graham Cracker Juice/ Milk	Mini Pancakes Cinnamon Pop tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Bagel with Cream Cheese Juice/ Milk	Cereal Bar with Graham Cracker Juice/ Milk
Banana Muffin with Graham Cracker Juice/ Milk	Cereal with Graham Cracker Juice/ Milk	Cinnamon Roll Cinnamon Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Bagel with Cream Cheese Juice/ Milk	Cereal Bar with Graham Cracker Juice/ Milk
Banana Muffin with Graham Cracker Juice/ Milk	Cereal with Graham Cracker Juice/ Milk	Mini Pancakes Cinnamon Pop Tart with Graham Cracker Yogurt with Graham Cracker Juice/ Milk	Bagel with Cream Cheese Juice/ Milk	Cereal Bar with Graham Cracker Juice/ Milk
Banana Muffin with Graham Cracker Juice/ Milk	Cereal with Graham Cracker Juice/ Milk			

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.