

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

26

27

28

NUTRITION SERVICES IS SEEKING PART TIME KITCHEN HELP FOR MORE INFORMATION PLEASE CALL 503 759-7478

29

30

3

**Breakfast**  
Breakfast Pizza Bagel  
**Lunch:**  
Baked WG Corn Dog  
Baked Pepperoni or Cheese Pizza  
Turkey & Cheese Sandwich on WW  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

4

**Breakfast**  
Scrambled Eggs and Toast  
**Lunch:**  
**NEW!** Walking Nachos  
Chicken Nuggets w/WG Roll  
Seed/Nut Butter & Jelly Sandwich  
Beef Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables, & Milk*

5

**Breakfast**  
Blueberry Bagel with Cream Cheese  
**Lunch:**  
**National Cheese Pizza Day!**  
Cheese or Sausage Pizza  
Grilled Cheese with Tomato Soup  
Tuna Sub  
Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

6

**Breakfast**  
WG Cinnamon Roll  
**Lunch:**  
Fish & Chips  
Cheeseburger or Hamburger  
Ham & Cheese Sandwich  
Lift-Off Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

9

**National Grandparents Day!**  
**Breakfast:**  
Pancake on a Stick  
**Lunch:**  
Soft Pretzel w/ Cheese Sauce  
Chicken Burger  
Turkey & Cheese Sandwich  
Chef Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

10

**Breakfast:**  
Apple Frudel  
**Lunch:**  
Korean Meatballs over Rice  
Pepperoni or Cheese Pizza  
Italian Sub  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

11

**Breakfast:**  
Ham & Cheese Muffin Sandwich  
**Lunch:**  
Bean & Cheese Nachos  
Chicken Nuggets w/WG Roll  
Ham & Cheese Sandwich  
Chicken Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables, & Milk*

12

**Breakfast:**  
Pancakes with Syrup  
**Lunch:**  
Chicken Mashed Potato Bowl w/WG Roll  
Supreme or Cheese Pizza  
Egg Salad Sub  
Poppin' Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

13

**Breakfast:**  
Bagel with Cream Cheese  
**Lunch:**  
Homemade Mac & Cheese  
Cheeseburger or Hamburger  
PB&J Sandwich on WW  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

16

**Breakfast:**  
Sausage Breakfast Pizza  
**Lunch:**  
Golden Chicken & Waffles  
Chicken Burger  
American Sandwich  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

17

**Breakfast:**  
Pancake Bites  
**Lunch:**  
Taco Burger  
Pepperoni or Cheese Pizza  
Chicken Salad Sub  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

18

**Breakfast:**  
Scrambled Eggs and Toast  
**Lunch:**  
**National Cheeseburger Day!**  
Cheeseburger or Hamburger  
Chicken Nuggets with w/WG Roll  
Seed/Nut Butter & Jelly Sandwich  
Beef Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables, & Milk*

19

**Breakfast:**  
Fruit & Yogurt Parfait  
**Lunch:**  
Baked Chicken w/Tots  
Hawaiian or Cheese Pizza  
Tuna Sub  
Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

20

**Breakfast:**  
French Toast with Syrup  
**Lunch:**  
Handrolled Salsa Verde Burrito  
Cheesy Breadsticks w/ Marinara  
Ham & Cheese Sandwich  
Lift-Off Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

23

**Breakfast:**  
Waffles with Fruit Compote  
**Lunch:**  
Baked WG Corn Dog  
Chicken Burger  
Turkey & Cheese Sandwich  
Chef Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

24

**Breakfast:**  
Chocolate Chip Breakfast Round  
**Lunch:**  
Bean & Cheese Burrito  
Pepperoni or Cheese Pizza  
Italian Sub  
Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

25

**Breakfast:**  
Yogurt with Graham Crackers  
**Lunch:**  
Hot Dog on w/WG Bun  
Chicken Nuggets w/WG Roll  
Ham & Cheese Sandwich  
Chicken Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables, & Milk*

26

**Breakfast:**  
Mini Maple Waffles  
**Lunch:**  
Homemade Sloppy Joe  
Chicken Ranch or Cheese Pizza  
Egg Salad Sub  
Poppin' Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

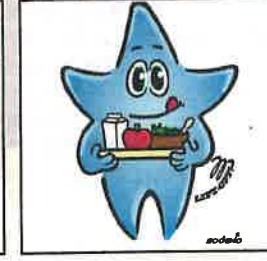
27

**Breakfast:**  
WG Cinnamon Roll  
**Lunch:**  
Chicken Quesadilla  
Cheeseburger or Hamburger  
PB&J Sandwich on WW  
Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

30

**Breakfast:**  
Pancake on a Stick  
**Lunch:**  
Beef & Cheese Nachos  
Chicken Burger  
Ham & Cheese Sandwich  
Chef Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**BREAKFAST INCLUDES:**  
CHOICE OF DAILY ENTREE  
OR CEREAL W/TOAST  
AND VARIETY OF  
FRUITS AND MILK



## The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.<sup>1</sup> 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.<sup>1</sup> 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.

[liftoffsplyground.com](http://liftoffsplyground.com)

## Be a PAL to Friends with Food Allergies: It Can Help Protect A Life (PAL)

Did you know that 1 in 13 kids in the United States have a food allergy? Since food allergies affect so many kids, it is good to learn how you can Be a PAL® to a friend with food allergies! Here's how:

**Know that food allergies are very serious.** If someone with a food allergy eats something they are allergic to, they can get very ill. If a friend or classmate has a food allergy, don't tease, bully or make fun of them. Tell an adult right away if you see other kids picking on someone with a food allergy.

**Don't share your food with friends who have food allergies.** For kids with food allergies, sharing food can be very dangerous. Don't offer kids with food allergies anything from your lunch or snack because it may have something in it that could make them very sick or hurt them.

**Wash hands after eating.** Washing your hands with soap and water after you eat can help clean off any food that is on your hands.

**Help all of your friends and classmates have fun together!** There are lots of ways to have fun without food! Listening to music, playing board or video games, making crafts, going for a bike ride and playing sports are just some of the cool things you can do together. This way, everyone stays safe and has fun!

**If a friend with food allergies feels sick, get help right away!** If your friend feels sick or thinks they may have eaten something they are allergic to, tell an adult right away or dial 911!

The **Be a PAL: Protect A Life™ From Food Allergies** education program can help children learn how to be a good friend to kids with food allergies. To learn more, visit: <https://www.foodallergy.org/education-awareness/be-a-pal>.

*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

## Fresh Pick Recipe

### WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¾ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.



**SCHOOL MEAL PRICES:**  
**BREAKFAST:** REDUCED MEALS AT NO COST PAID: ELEMENTARY \$1.50 MIDDLE SCHOOL \$1.75  
HIGH SCHOOL \$1.75

**LUNCH:** REDUCED MEALS AT NO COST PAID: ELEMENTARY \$2.50 MIDDLE SCHOOL \$3.00  
HIGH SCHOOL \$3.25

INVEST IN YOUR STUDENT'S LONG TERM HEALTH -  
PURCHASE SCHOOL MEALS!



Nutrition Information is available upon request.

