

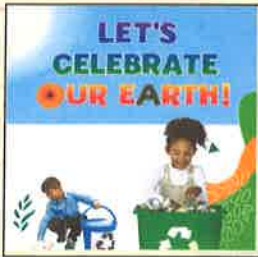
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Cheeseburger w/Tater Tots
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

2
Cheese Pizza
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

FRUITS AND VEGETABLES, LOW FAT/FAT FREE MILK & 100% JUICE OFFERED DAILY.

5
Meatball Sub w/ Tater Tots
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

6
Chicken w/ Gravy & Mashed Potatoes
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

7
Chicken & Cheese Nachos
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

8
Hot Dog w/ Fries
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

9
Cheesy Breadsticks w/ Marinara Sauce
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

12
Crispy Chicken Sandwich w/ Fries
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

13
Pepperoni Pizza
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

14
Soft Chicken w/ Vegetable of the Day
Seasonal Fruit
Chocolate Milk

15
Chicken Nuggets & Roll w/ Fries
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

16
*No School
Staff Development Day*

19
BBQ Chicken Sandwich w/ Tater Tots & Roll
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

20
Corn Dog w/Fries
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

21
Popcorn Chicken Bowl w/ Mashed Potato
Corn & Roll
Seasonal Fruit
Chocolate Milk

22
Beef & Cheese Nachos
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

23
Cheese Pizza
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

26
Cheesy Breadsticks w/ Italian Dipping Sauce
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

27
Walking Taco
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

28
Pepperoni Pizza
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

29
Turkey & Gravy w/ Mashed Potatoes & Roll
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

30
Cheeseburger w/ Tater Tots
Vegetable of the Day
Seasonal Fruit
Chocolate Milk

A Guide to Safety with School Meals in the Wake of COVID-19

As the world continues the long journey back to normalcy after the COVID-19 pandemic, many students are gearing up to start a new academic year faced with new, extraordinary challenges. The start of a school year can cause anxiety for both new and returning students and parents, and recent events have added reasonable concerns about health and

safety in the wake of the global pandemic that altered the way we live, work and learn. Sodexo understands these concerns, and we are committed to protecting the health and safety of everyone who eats in our schools, as well as all members of our foodservice staff.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liffsofplayground.com

BREAKFAST

Weekly Options

MONDAY: Cherry or Apple Frudel
Seasonal Fruit or Apple Juice
White Milk

TUESDAY: Cereal w/ Cheese Stick
Seasonal Fruit or Apple Juice
White Milk

WEDNESDAY: Mini Cinnamon French Toast
Seasonal Fruit or Apple Juice
White Milk

THURSDAY: Cereal Bar w/ Cheese Stick
Seasonal Fruit or Apple Juice
White Milk

FRIDAY: Mini Pancakes
or Mini Waffles
(Alternating weeks)
Seasonal Fruit or Apple Juice
White Milk

Fresh Pick Recipe

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber



SCHOOL YEAR PRICES FALL 2020

No cost all grades for breakfast and lunch.

What is a Reimbursable Meal?

Students must select 3 of the 5 food groups, 1 of which **MUST** be a fruit or vegetable.



Nutrition Information is available upon request.

