


MONDAY

THURSDAY

FRIDAY

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5 Labor Day NO SCHOOL	6 Chicken Nuggets w/Roll Cheesy Garlic Flatbread PBJ Chef Salad w/Goldfish Cracker Applesauce Steamed Carrots Romaine Salad Fresh Fruit & Vegetables Milk	7 Chicken Patty Corn Dog Turkey Sub Chef Salad w/Goldfish Cracker Pineapple Tidbits Green Peas Fresh Fruit & Vegetables Milk	8 Walking Taco Cheeseburger PBJ Chef Salad w/Goldfish Cracker Diced Peaches Steamed Green Beans Fresh Fruit & Vegetables Milk	9 Tony's Cheese Pizza Hot Dog Turkey Sub Chef Salad w/Goldfish Cracker Diced Peaches Sweet Potato Waffle Fries Fresh Fruit & Vegetables Milk
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12 Popcorn Chicken w/Roll Country Style Beef Fritter w/Roll Turkey Sub Chef Salad w/Goldfish Cracker Diced Peaches Steamed Corn Fresh Fruit & Vegetables Milk	13 Mini Corndogs Chicken Alfredo w/Pasta PBJ Chef Salad w/Goldfish Cracker Pineapple Tidbits Baked Beans Fresh Fruit & Vegetables Milk	14 Chicken Patty Cheese Breadstick w/Sauce Turkey Sub Chef Salad w/Goldfish Cracker Fruit Cocktail Green Peas Romaine Salad Fresh Fruit & Vegetables Milk	15 Walking Taco Cheeseburger PBJ Chef Salad w/Goldfish Cracker Applesauce Steamed Green Beans Fresh Fruit & Vegetables Milk	16 Big Daddy Pizza Yogurt Parfait Turkey Sub Chef Salad w/Goldfish Fruit Cocktail Steamed Carrots Romaine Salad Fresh Fruit & Vegetables Milk
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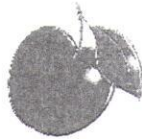
19 Chicken Patty Italian Dunkers American Sub Chicken Caesar Salad w/Goldfish Cracker Applesauce Potato Smiles Fresh Fruit & Vegetables Milk	20 Walking Taco BBQ Chicken Sandwich PBJ Chicken Caesar Salad w/Goldfish Cracker Diced Peaches Refried Beans Romaine Lettuce Fresh Fruit & Vegetables	21 Chicken Nuggets w/Roll Cheese Quesadilla American Sub Chicken Caesar Salad w/Goldfish Cracker Pineapple Tidbits Steamed Corn Fresh Fruit & Vegetables Milk	22 French Toast w/Sausage Cheeseburger PBJ Chicken Caesar Salad w/Goldfish Cracker Diced Peaches Green Peas Fresh Fruit & Vegetables Milk	23 Big Daddy Pizza Hot Dog American Sub Chicken Caesar Salad w/Goldfish Cracker Chocolate Pudding Fruit Cocktail Steamed Green Beans Romaine Salad
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26 Chicken Patty Sloppy Joe American Sub Chef Salad w/Goldfish Cracker Pineapple Tidbits Steamed Broccoli Romaine Salad Fresh Fruit & Vegetables Milk	27 Popcorn Chicken Country Style Beef Fritter w/Roll PBJ Chef Salad w/Goldfish Cracker Applesauce Mashed Potato w/Gravy Fresh Fruit & Vegetables Milk	28 Mini Corn Dogs Cheeseburger American Sub Chef Salad w/Roll Diced Peaches Potato Smiles Romaine Salad Fresh Fruit & Vegetables Milk	29 Beefy Nachos BBQ Chicken Sandwich PBJ Chef Salad w/Roll Fruit Cocktail Black Beans Steamed Carrots Fresh Fruit & Vegetables Milk	30 Big Daddy Pizza Yogurt Parfait American Sub Chef Salad w/Goldfish Cracker Diced Peaches Steamed Green Peas Romaine Salad Fresh Fruit & Vegetables Milk
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USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.



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

liffosplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Goldfish Cracker Mozzarella Cheese Stick Applesauce Cup Orange Juice Milk	Blueberry Muffin Peach Cup Apple Milk	Cereal Mozzarella Cheese Stick Fruit cocktail Apple Juice Milk	Cherry Frudel Apple Orange Juice Milk
Cinni Mini Applesauce Cup Raisins Milk	Ultimate Breakfast Round Peach Cup Orange Juice Milk	Chocolate Chip Muffin Apple Fruit Cocktail Milk	Cereal Mozzarella Cheese Stick Banana Apple Juice Milk	Uncrustable Orange Juice Applesauce Cup Milk
Apple Frudel Fruit Cocktail Apple Juice Milk	Cheddar Fish Cracker Mozzarella String Cheese Apple Juice Raisins Milk	Blueberry Muffin Peach Cup Apple Juice Milk	Cereal Mozzarella Cheese Stick Banana Fruit Cocktail Milk	Banana Bread Muffin Apple Peach Cup Milk
Cherry Frudel Applesauce Cup Raisins Milk	Ultimate Breakfast Round Peach Cup Orange Juice Milk	Chocolate Chip Muffin Apple Fruit Cup Milk	Cereal Mozzarella String Cheese Banana Apple Juice Milk	Uncrustable Fresh Apple Peach Cup Milk

Fresh Pick Recipe

CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.



Check out our new look on the lunch line.
The Club house

sodexo