

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

NO SCHOOL

LABOR DAY HOLIDAY!

"Unofficial end of Summer"

Beginning of Fall Sports!

3

1. Bosco Sticks w/sauce
2. Pasta w/meatsauce
3. Turkey & Cheese Wrap
4. Go Fish Bowl

Mixed Greens, Carrots
Green Beans, Cinn. Apples
Assorted Fruits & Veggies

4

1. Bacon Cheeseburger
2. Cheese Pizza
3. Turkey & Cheese Wrap
4. Go Fish Bowl

Mixed Greens, Carrots,
Tater Tots, Mixed Fruit
Orange Juice, Assorted Fruits
and Veggies

5

1. Chicken Patty Sandwich
2. Nacho's
3. Turkey & Cheese Wrap
4. Go Fish Bowl

Mixed Greens, Carrots,
Refried Beans, Mandarin Oranges
Apple Juice, Assorted Fruits &
Veggies

6

1. BBQ Rib Hoagie
2. Cheese Pizza
3. Turkey & Cheese Wrap
4. Go Fish Bowl

Mixed Greens, Carrots,
Steamed Broccoli, Pears
Assorted Fruits & Veggies

No School Monday, Sept 2nd, Labor Day Holiday!

9

1. Grilled Cheese
2. Fun on the Run
3. Crispy Chicken Wrap
4. Lift Off Salad

Mixed Greens, Tomato Soup
w/crackers
Steamed Mixed Veggies, Peaches
Assorted Fruits & Veggies

10

1. Chicken Poppers
2. Meatball Sub
3. Crispy Chicken Wrap
4. Lift Off Salad

Mixed Greens, Mashed Potatoes/
Gravy, Applesauce
Apple Juice, Assorted Fruits
and Veggies

11

1. Mini Corn Dogs
2. Cheese Quesadilla
3. Crispy Chicken Wrap
4. Lift Off Salad

Mixed Greens, Carrots
Baked Beans, Pineapple
Assorted Fruits & Veggies

12

1. Sloppy Joe Sandwich
2. Cheese Pizza
3. Crispy Chicken Wrap
4. Lift Off Salad

Mixed Greens, Carrots
Steamed Broccoli, Mixed Fruit
Apple Juice, Assorted Fruits
and Veggies

13

1. Cheese Pizza
2. Chicken Alfredo Pasta
3. Crispy Chicken Wrap
4. Lift Off Salad

Mixed Greens, Carrots
Green Beans, Mandarin Oranges
Assorted Fruits & Veggies

Whole Grain Rolls Are Served With All Salads

16

1. Cheeseburger
2. Bosco Sticks w/sauce
3. Italian Hoagie
4. Peppi Salad

Mixed Greens, Carrots
Curly Fries, Mixed Fruits
Apple Juice, Assorted
Fruits & Veggies

17

1. Chicken Strips w/roll
2. Cheese Pizza
3. Italian Hoagie
4. Peppi Salad

Mixed Greens, Carrots
Green Beans, Mandarin Oranges
Assorted Fruits & Veggies

18

1. Chicken Quesadilla
2. Cheese Pizza
3. Italian Hoagie
4. Peppi Salad

Mixed Greens, Carrots
Corn/Black Beans,
Steamed Mixed Veggies, Pineapple
Assorted Fruits and Veggies

19

1. Nachos
2. Chicken Patty Sandwich
3. Italian Hoagie
4. Peppi Salad

Mixed Greens, Carrots
Refried Beans, Cinn. Apples
Apple Juice, Assorted
Fruits & Veggies

20

1. Pasta w/meat sauce
2. Cheese Pizza
3. Italian Hoagie
4. Peppi Salad

Mixed Greens, Carrots
Steamed Broccoli, Peaches
Assorted Fruits & Veggies

23

1. BBQ Rib Hoagie
2. Hot Ham & Cheese on Pretzel Bun
3. Turkey & Ham Sub
4. Chef Salad

Mixed Greens, Carrots,
Steamed Peas, Cole Slaw
Peaches, Apple Juice
Assorted Fruits & Veggies

24

1. Walking Taco
2. Cheese Pizza
3. Turkey & Ham Sub
4. Chef Salad

Mixed Greens, Carrots
Refried Beans, Pineapple
Assorted Fruits & Veggies

25

1. Mini Corn Dogs
2. Cheese Pizza
3. Turkey & Ham Sub
4. Chef Salad

Mixed Greens, Carrots,
Baked Beans, Mixed Fruits
Assorted Fruits & Veggies

26

1. Mini French Toast-Let go of My Eggo!
2. Egg & Cheese Biscuit
3. Turkey & Ham Sub
4. Chef Salad

Mixed Greens, Carrots
Tasty Tater Tots, Applesauce
Apple Juice, Assorted
Fruits & Veggies

27

BONUS COOKIE DAY

1. Sloppy Joe
2. Cheese Pizza
3. Turkey & Ham Sub
4. Chef Salad

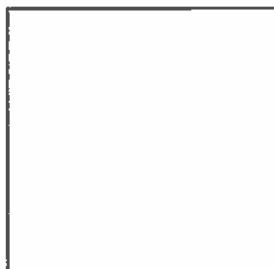
Mixed Greens, Carrots
Green Beans, Mandarin Oranges
Assorted Fruits & Veggies

BONUS COOKIE DAY WITH LUNCH, Friday Sept 27th

30

1. Chicken Patty Sandwich
2. Narley Nacho's
3. Turkey & Cheese Wrap
4. Popcorn Chicken Salad

Mixed Greens, Carrots
Refried Beans, Mandarin Oranges
Apple Juice, Assorted Fruits
and Veggies



Hot Breakfast Served Daily
Daily Breakfast Menu Options
On the Back of this Menu!
Breakfast-\$1.45
Reduced: \$.30
Milk: \$.60
Come Join Us!

1% White Milk and Fat Free Chocolate and Strawberry Milk served Daily

This institution is an equal opportunity provider.

The Big 8

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



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

lifftoffsplayground.com

BREAKFAST

MONDAY:

Breakfast Pizza
Muffins, Nutri Grain Bars
Breakfast Bars, Jump Starts
Juice, Fresh Fruit
Milk

TUESDAY:

Sausage & Cheese Sandwich
Mini Waffles
Nutri Grain Bars, Cereal Bars
Jumpstarts, Juice
Fresh Fruit, Milk

WEDNESDAY:

Pancakes
Jumpstarts, NutriGrain Bars
Cereal Bars, Juice
Milk

THURSDAY:

Pancake on a Stick
Muffins, Jumpstarts
NutriGrain Bars, Cereal Bars
Juice, Fresh Fruit
Milk

FRIDAY:

Egg & Cheese on Bun
Nutri Grain Bars, Cereal Bars
Jumpstarts, Juice
Fresh Fruit, Milk

Choose 1 Entrée Daily, Adding a Fruit or Juice and Milk

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¼ c Onion(medium dice)
- ¼ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.



Still Taking Free and Reduced Applications!

Bonus Cookie Day w/lunch Sept 27th!

Questions? Contact Becky or Shawnae 513-398-8471 ext 6123 or 6122

Nutrition Information is available upon request.