

MONDAY

TUESDAY

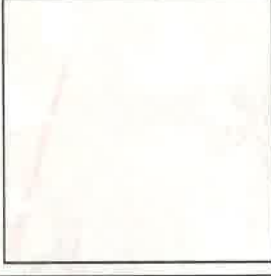
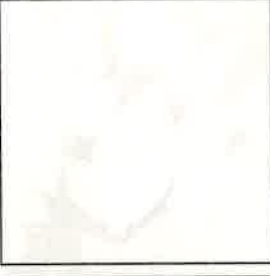
WEDNESDAY

THURSDAY

FRIDAY



Daily Thrive Bar
 Monday: Baby Carrots
 Tuesday: Chilled Corn
 Wednesday: Romaine or Spinach Salad
 Thursday: Bean Salad & Baby Carrots
 Friday: Celery Sticks



1

All lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.

4

5

6

7

8

Labor Day

Menu subject to change.

11

Chicken Nuggets w/ Dinner roll
 Cheese Burger
 Chicken Caesar Wrap
 Chef Salad w/Roll
 Cheese & Cracker Box
 Cross Trax Sweet Potato Fries
 Spinach Tossed Salad
 Fresh Fruit & Fruit Cup

12

Crispy Chicken Bowl w/Roll
 Hot Dog Dog
 Chicken Caesar Wrap
 Chef Salad w/Roll
 Cheese & Cracker Box
 Mashed Potatoes
 Spinach Tossed Salad
 Fresh Fruit & Fruit Cup

13

Baked Ziti w/dinner roll
 Chicken Patty Sandwich
 Chicken Caesar Wrap
 Chef Salad w/Roll
 Cheese & Cracker Box
 Egg & Muffin Bento Box
 Roasted Vegetables
 Asian Bok Choy Salad
 Fresh Fruit & Fruit Cup

14

Tacos
 Bacon Cheese Burger
 Chicken Caesar Wrap
 Chef Salad w/Roll
 Cheese & Cracker Box
 Vegetarian Refried Beans
 Spinach Tossed Salad
 Fresh Fruit & Fruit Cup

15

Pizza
 Cheese or Pepperoni
 Meatball Parm Sub
 Chicken Caesar Wrap
 Chef Salad w/Roll
 Cheese & Cracker Box
 Steamed Green Beans
 Spinach Tossed Salad
 Fresh Fruit & Fruit Cup

18

Chicken Nuggets w Dinner roll
 Sloppy Joe Sliders
 Italian Sub
 Grilled Chicken Salad w/Roll
 Pretzel Boat
 Glazed Carrots
 Romaine Tossed Salad
 Fresh Fruit & Fruit Cup

19

Bacon Cheese Stuffed Potato Skins
 w/Tortilla Chips
 Hot Dog w/ Dipping Cheese
 Italian Sub
 Grilled Chicken Salad w/Roll
 Pretzel Boat
 Smile Fries
 Romaine Tossed Salad
 Fresh Fruit & Fruit Cup

20

Pasta Bar w/dinner roll
 Chicken Parm Sandwich
 Italian Sub
 Grilled Chicken Salad w/Roll
 Cheese and Cracker Box
 Steamed Broccoli
 Strawberry Kale Salad
 Fresh Fruit & Fruit Cup

21

Chicken & Waffles
 Beef Burrito
 Italian Sub
 Grilled Chicken Salad w/Roll
 Pretzel Boat
 Chef Salad Bento Box
 Three Bean Salad
 Romaine Tossed Salad
 Fresh Fruit & Fruit Cup

22

Pizza
 Cheese or Pepperoni
 Grilled Cheese w/Tomato Soup
 Italian Sub
 Grilled Chicken Salad w/Roll
 Pretzel Boat
 Green Pepper Strips
 Romaine Tossed Salad
 Fresh Fruit & Fruit Cup

Chicken Nuggets offered Daily. Pizza is offered every Tuesday and Friday

25

**Teacher In-Service
 School Closed**

26

Cheese Quesadilla
 Hot Dog w/ Dipping Cheese
 Turkey & Cheese Sandwich
 Garden Salad w/Cheese & Roll
 Yogurt Boat
 Baked French Fries
 Romaine Tossed Salad
 Fresh Fruit & Fruit Cup

27

Pasta & meat sauce w/ dinner roll
 Chicken Patty Sandwich
 Turkey & Cheese Sandwich
 Garden Salad w/Cheese & Roll
 Yogurt Boat
 Broccoli Bites
 Kale Tuscan Salad
 Fresh Fruit & Fruit Cup

28

Nachos Supreme
 Chicken fajita
 Turkey & Cheese Sandwich
 Garden Salad w/Cheese & Roll
 Yogurt Boat
 Vegetarian Refried Beans
 Romaine Tossed Salad
 Fresh Fruit & Fruit Cup

29

Pizza
 Cheese or Pepperoni
 Fish & Chips w/Dinner Roll
 Turkey & Cheese Sandwich
 Garden Salad w/Cheese & Roll
 Yogurt Boat
 Steamed Green Beans
 Romaine Tossed Salad
 Fresh Fruit & Fruit Cup

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.



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

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BREAKFAST

All Breakfast comes with Milk, Juice, Graham Crackers, Asst Fruit Daily.

MONDAY: Asst Cereal Bags

TUESDAY: Muffins

WEDNESDAY: Asst Cereal Bag

THURSDAY: Frudels

FRIDAY: Strawberry Pop Tarts

Be sure to sign up for Breakfast. All Breakfast is served in the class rooms.

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



September will be the start of POS system in your school. Please remember to have all children memorize their pin numbers. Payment options are as follows: You can log onto a third party payment system that will go directly in the your child's account at www.myschoolbucks.com or send in a check with your child's name an if possible pin number.