

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

**LABOR DAY
SCHOOL CLOSED**

4

Breakfast Prices:
Full Paid: \$1.75
Reduced: \$.30
Lunch Prices:
Full Paid: \$2.85
Reduced: \$.40
Milk: \$.50



6

Boneless Chicken Bites
with Soft Pretzel Stick
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Homestyle Baked Beans

7

Big Daddy's Cheese Pizza
Tuna Salad Sub
Crispy Chicken Caesar Salad
Cheese & Pretzel Goldfish Boat
Cucumber Coins

Peanut Butter & Jelly offered daily

10

School Closed
Rosh Hashanah

11

School Closed
Rosh Hashanah

12

Homemade Baked Ziti
with Warm breadstick
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Sautéed Spinach

13

NEW ITEM!
Chicken & Cheese Taquitos
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Vegetarian Refried Beans

14

Mini Personal Pizza
Turkey Club Sandwich
Chef Salad with Roll
Cereal Bag
Baked French Fries

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

17

BREAKFAST FOR LUNCH
Fluffy Pancakes with Sausage
Italian Sub
Grilled Chicken Salad with Roll
Egg & Muffin Bento Box
Cinnamon Sweet Potatoes

18

Chicken Tenders with Dinner Roll
Italian Sub
Grilled Chicken Salad with Roll
Egg & Muffin Bento Box
Tater Tots

19

School Closed
Yom Kippur

20

Baked Chicken & Waffles
Italian Sub
Grilled Chicken Salad with Roll
Egg & Muffin Bento Box
Seasoned Beans

21

Big Daddy Cheese Pizza
Italian Sub
Grilled Chicken Salad with Roll
Egg & Muffin Bento Box
Cucumber Coins

24

Hamburger or Cheeseburger
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Sweet Potato Wedges

25

Hotdog on a Bun
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Baked French Fries

26

Chicken Patty Sandwich
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Sautéed Spinach

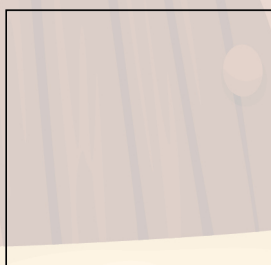
27

FIESTA DAY!
Nachos Supreme with Meat, Cheese
and Fresh Salsa
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Vegetarian Refried Beans

28

Big Daddy Cheese Pizza
Turkey & Cheese Sub
Garden Salad with Cheese & Roll
Yogurt Bag
Celery Dippers with Ranch Dressing

All Menu's and Nutritionals on the SO HAPPY APP



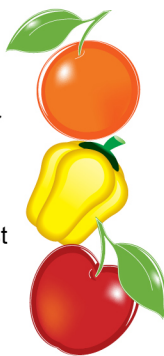
Menu Subject to Change

This institution is an equal opportunity provider.

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.

liftoffsplayground.com

BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar
All Breakfast come with Fruit and Variety of Reduced Fat Milk

MONDAY: Whole Grain Cereal and Graham Crackers

TUESDAY: Hot Mini Maple Pancakes

WEDNESDAY: Warm Whole Grain Mini Cini Pastry

THURSDAY: Assorted Breakfast Benefit Bars

FRIDAY: Whole Grain Muffin and Graham Crackers

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.



Welcome back! Be sure to utilize www.Schoolcafe.com for online café payments. If you have any questions with regards to the cafeteria please contact Jacki Wagner at 732-531-5630 ext. 7091 and at jacqueline.wagner@sodexo.com.

IMPORTANT:
Please remember to fill out and return your free and reduced meal applications or online at www.Schoolmealapp.com.
MUST BE COMPLETED ANNUALLY

Nutrition Information is available upon request.

