

### MONDAY



### TUESDAY

**Elementary Pricing**  
**Breakfast:**  
 Reduced: \$.30  
 Paid: \$1.45  
**Adult:**  
 Reduced: \$.40  
 Paid: \$2.70  
**Lunch:**  
 Reduced: \$.40  
 Paid: \$2.70  
 Adult: \$3.75

### WEDNESDAY

28

**Breakfast:**  
 Ham & Cheese Muffin Sandwich  
**Lunch:**  
 Cheesy Breadsticks w/Marinara  
 Chicken Nuggets w/WG Roll  
 Combo Munchable  
 Beef Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables, & Milk*

### THURSDAY

29

**Breakfast:**  
 Mini Maple Waffles  
**Lunch:**  
 BBQ Pork on a Bun  
 Taco or Cheese Pizza  
 Italian Sub  
 Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

### FRIDAY

30

**Breakfast:**  
 WG Donut  
**Lunch:**  
 Chicken Soft Taco  
 Cheeseburger or Hamburger  
 Seed/Nut Butter & Jelly Sandwich  
 Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

### National School Breakfast Week – FREE Breakfast 3<sup>rd</sup> - 6<sup>th</sup> to every student!



**FREE Breakfast**  
**Free Breakfast Week**  
 Breakfast Pizza Bagel  
**Lunch:**  
 Teriyaki Beef Dippers over Rice  
 Baked WG Corn Dog  
 Baked Pepperoni or Cheese Pizza  
 Turkey & Cheese Sandwich  
 Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**FREE Breakfast**  
**Free Breakfast Week**  
 Scrambled Egg Breakfast Bowl  
**Lunch:**  
 Walking Nachos  
 Chicken Nuggets w/WG Roll  
 Seed/Nut Butter & Jelly Sandwich  
 Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**FREE Breakfast**  
**Free Breakfast Week**  
 Breakfast Burrito  
**Lunch:**  
**National Cheese Pizza Day!**  
 Cheese or Sausage Pizza  
 Grilled Cheese with Tomato Soup  
 Tuna Sub  
 Beef Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables, & Milk*

**FREE Breakfast**  
**Free Breakfast Week**  
 WG Cinnamon Roll  
**Lunch:**  
 Fish & Chips  
 Cheeseburger or Hamburger  
 Ham & Cheese Sandwich  
 Lift-Off Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

### National School Breakfast Week – FREE Breakfast 3<sup>rd</sup> - 6<sup>th</sup> to every student!

**9**  
**National Grandparents Day!**  
**Breakfast:**  
 Pancake on a Stick  
**Lunch:**  
 Soft Pretzel w/ Cheese Sauce  
 Chicken Burger  
 Turkey & Cheese Sandwich  
 Chef Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**10**  
**Breakfast:**  
 Apple Frudel  
**Lunch:**  
 Korean Meatballs over Rice  
 Pepperoni or Cheese Pizza  
 Italian Sub  
 Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**11**  
**Breakfast:**  
 Egg & Cheese Muffin Sandwich  
**Lunch:**  
 Beef & Cheese Nachos  
 Chicken Nuggets w/WG Roll  
 Ham & Cheese Sandwich  
 Chicken Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables, & Milk*

**12**  
**Breakfast:**  
 Pancakes with Syrup  
**Lunch:**  
 Chicken Mashed Potato Bowl w/WG Roll  
 Foot Long Hot Dog  
 Supreme or Cheese Pizza  
 Poppin' Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**13**  
**Breakfast:**  
 Homemade Banana Muffin  
**Lunch:**  
 Happy Mac & Cheese  
 Cheeseburger or Hamburger  
 Combo Munchable  
 Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**16**  
**Breakfast:**  
 Sausage Breakfast Pizza  
**Lunch:**  
 Golden Chicken & Waffles  
 Corn Dog  
 American Sandwich  
 Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**17**  
**Try It Tuesday!**  
**Breakfast:**  
 Pancake Bites  
**Lunch:**  
 Taco Burger  
 Pepperoni or Cheese Pizza  
 Turkey & Cheese Sandwich  
 Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*  
**TRY IT TUESDAY! - ARCADIAN MIX**

**18**  
**Breakfast:**  
 Sausage & Cheese Biscuit Sandwich  
**Lunch:**  
**National Cheeseburger Day!**  
 Cheeseburger or Hamburger  
**Homemade Chicken Taquito**  
 Chicken Nuggets with w/WG Roll  
 Seed/Nut Butter & Jelly Sandwich  
 Beef Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables, & Milk*

**19**  
**Breakfast:**  
 Fruit & Yogurt Parfait  
**Lunch:**  
 Orange Chicken over Rice  
 Hot Dog  
 Hawaiian or Cheese Pizza  
 Tuna Sub  
 Crispy Chicken Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**20**  
**Breakfast:**  
 French Toast with Syrup  
**Lunch:**  
 Chicken Alfredo  
 Chicken Nuggets w/WG Roll  
 Ham & Cheese Sandwich  
 Lift-Off Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**23**  
**Breakfast:**  
 Waffles with Fruit Compote  
**Lunch:**  
 Street Pork Tacos  
 Baked WG Corn Dog  
 Chicken Burger  
 Turkey & Cheese Sandwich  
 Chef Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**24**  
**Breakfast:**  
 Sausage Breakfast Pizza  
**Lunch:**  
 Bean & Cheese Enchilada  
 Pepperoni or Cheese Pizza  
 Italian Sub  
 Chicken Caesar Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

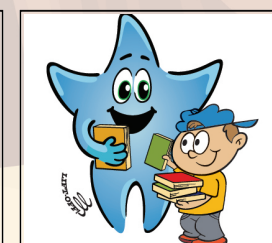
**25**  
**Breakfast:**  
 Scrambled Egg Breakfast Bowl  
**Lunch:**  
 Turkey Gravy w/Mashed & Roll  
 Hot Dog on w/WG Bun  
 Chicken Nuggets w/WG Roll  
 Ham & Cheese Sandwich  
 Chicken Taco Salad w/Tortilla Chips  
*Includes Fruits, Vegetables, & Milk*

**26**  
**Breakfast:**  
 Build-Your-Own Oatmeal Bowl  
**Lunch:**  
 Homemade Sloppy Joe  
 Chicken Ranch or Cheese Pizza  
 Egg Salad Sub  
 Poppin' Chicken Salad w/WG Roll  
**Johnny Appleseed Day!**  
 Apple Crisp

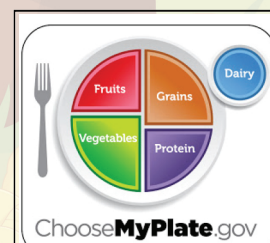
**27**  
**Breakfast:**  
 WG Cinnamon Roll  
**Lunch:**  
 Loaded Fries w/WG Roll  
 Cheeseburger or Hamburger  
 Combo Munchable  
 Peppi Pizza Salad w/WG Roll  
*Includes Fruits, Vegetables, & Milk*

**30**  
**Breakfast:**  
 Pancake on a Stick  
**Lunch:**  
 Cheese Ravioli's w/WG Roll  
 Chicken Burger  
 Ham & Cheese Sandwich  
 Hummus Snack Pack  
*Includes Fruit, Vegetables, & Milk*

**Looking for Kitchen workers!**  
**Part time, on call and full time work available!**  
 Call Robert at 324-2512 to work in the school Kitchens. Must pass background check.



**Now is the time to re-apply for free and reduced priced meals. Every year you must Re-apply before October or you loose your current approval, and may start to create a negative account.**



## The Big 8

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



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

[liftoffsplyground.com](http://liftoffsplyground.com)

## ANNUAL SCHOOL MEALS FORM

### See if you qualify for free or reduced-price meals.

Even if you didn't qualify for free/reduced meals last year, you may qualify under this year's guidelines.

### 2019-2020 School Year

Household Size	FREE (Max gross income per year)	REDUCED (Max gross income per year)
1	\$16,237	\$23,107
2	\$21,983	\$31,284
3	\$27,729	\$39,461
4	\$33,475	\$47,638
5	\$39,221	\$55,815
6	\$44,967	\$63,992
7	\$50,713	\$72,169
8	\$56,459	\$80,346
9+	Add \$5,746 per person	Add \$8,177 per person

### Free and Reduced Meal Applications must be completed annually for benefit determination.

We encourage everyone to complete the free/reduced application, especially if you are not certain of your status. Increasing the number of free and reduced qualified students helps our school get more funding!

## Fresh Pick Recipe

### WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¾ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.



**We highly encourage you to fill out the meal application online at [www.mymealtime.com/apps](http://www.mymealtime.com/apps). This allows the application to be submitted directly to the verifying official, reduces the risk of lost applications and helps keep your personal household information private.**



10% post consumer



Nutrition Information is available upon request.

