

**MONDAY**

**TUESDAY**


**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**So Happy**  
Sodexo's menu app with nutrition and allergen information!



Scan to download the So Happy app from the App Store.



Scan to download the So Happy app from the Google Play Store.

**31**

Cheese (V)/Pepperoni Pizza  
Chicken Nuggets  
Bread Stick w/Marinara  
Chicken Craisin Salad Wrap  
Turkey Sub  
**PreK:** CheesePizza(V)

**1**

Beef Meatball Sub  
Oven Fire Flatbread (V)  
Chicken Parmesan w/ Spaghetti (F,C)  
Chef Salad  
Hummus Wrap (V)  
**PreK:** Spaghetti & Meatballs w/Garlic Knot

Fresh Pick of the Month: WHOLE GRAINS

**4**

NO SCHOOL

**5**

Grilled Chicken Sandwich  
Chicken Spaghetti  
Breadstick w/ Marinara  
Fiesta Salad w/Tortilla Strips  
Hummus Veggie Wrap (V)  
**PreK:** Crispy Chicken Sandwich

**6**

Beefy Macaroni (F,C) w/Garlic Knot  
Chicken Potato Bowl  
Chicken Etouffe  
Chicken Caesar Salad  
Peach Yogurt Parfait w/ Granola (F, V)  
**PreK:** Macaroni and Cheese

**7**

Cheeseburger/Hamburger  
Chicken Drumstick w/Roll (F)  
Macaroni and Cheese  
American Sub  
Sunbutter and Jelly Sandwich (V)  
**PreK:** Sunbutter and Jelly Sandwich (V)

**8**

Cheesy Breadsticks w/Marinara (V)  
Cheese (V)/Pepperoni Pizza  
Beef Tacos  
Classic Chef Salad  
Chicken Salad Flatbread Sandwich  
**PreK:** Cheesy Breadsticks w/Marinara (V)

**11**

Meatball Sub  
Baked Penne w/Meatball  
Grilled Cheese Sandwich  
Greek Salad  
Turkey Sub  
**PreK:** Spaghetti & Meat sauce w/Garlic Knot

**12**

Cheeseburger/Hamburger  
Pork Totchos  
Breadstick w/ Marinara  
American Sub  
Hummus Wrap (V)  
**PreK:** Cheeseburger/Hamburger (C)

**13**

Cheesy Bean Nachos  
Frito Chili Pie (F,C)  
Oven Fired Flatbread  
Chicken Caesar Wrap  
Classic Chef Salad  
**PreK:** Chicken Nachos

**14**

Cheesy Breadsticks w/Marinara (V)  
Crispy Chicken Wrap  
Chicken Drumstick (F) w/ Roll  
Sunbutter and Jelly Sandwich (V)  
Chicken Caesar Salad  
**PreK:** Sunbutter and Jelly Sandwich (V)

**15**

Cheese (V)/Pepperoni Pizza  
Macaroni & Cheese (F) w/Garlic Knot  
Breadstick w/Marinara  
Chicken Salad Flatbread Sandwich  
Classic Chef Salad  
**PreK:** Cheese Pizza (V)

**18**

Chicken Nuggets w/ Roll  
BBQ Pulled Pork Sandwich  
Grilled Cheese Sandwich  
Turkey & Cheese Sub  
Peach Yogurt Parfait w/Granola  
**PreK:** Chicken Nuggets

**19**

Spaghetti & Meat Sauce (F,C) w/Garlic Knot  
Chicken Drumstick (F) w/ Roll  
Chicken Sandwich  
Fruit, Cheese & Yogurt Plate (V)  
Chicken Bacon Ranch Wrap  
**PreK:** Spaghetti & Meat sauce

**20**

Cheeseburger/Hamburger  
Cheesy Breadsticks w/Marinara (V)  
Chicken Sandwich  
Turkey Ham & Cheese Sandwich  
Chef Salad w/Breadstick  
**PreK:** Cheeseburger/Hamburger (C)

**21**

Pasta Chicken Alfredo w/breadstick  
Breaded Fish Sandwich  
Grilled Cheese Sandwich  
Chicken Caesar Salad w/ Breadstick  
Blueberry Yogurt Parfait w/ Granola (F, V)  
**PreK:** Pasta Chicken Alfredo

**22**

Beef Lasagna w/Garlic Knot (F,C)  
Cheese (V)/Pepperoni Pizza  
Grilled Cheese Sandwich  
Italian Wrap  
Buffalo Chicken Salad  
**PreK:** Cheese Pizza (V)

**MENU IDENTIFIERS:**

(F) FRESH made from scratch (C) CLEAN seven or fewer ingredients (L) LOCAL purchased from a Texas vendor (V) Vegetarian (GF) Gluten-Free

**25**

Chicken Nuggets w/ Roll  
Chicken Pot Pie (F)  
Veggie Burger (V)  
Greek Salad w/Roll  
Turkey Ham & Cheese Sandwich  
**PreK:** Chicken Nuggets

**26**

Cheese Enchiladas  
Mini Corn Dogs  
Chicken Drumstick (F) w/ Roll  
Chef Salad w/Roll  
Strawberry Yogurt Parfait w/ Granola (F, V)  
**PreK:** Mini Corn Dogs

**27**

Chicken Sandwich  
Hamburger/Cheeseburger  
Chicken Pot Pie (F)  
Italian Sub  
Greek Salad w/Roll  
**PreK:** Chicken Sandwich

**28**

Popcorn Chicken Bowl w/ roll  
Chicken and Waffles  
Grilled Cheese Sandwich  
Veggie Lovers Wrap (V)  
Chef Salad w/Roll  
**PreK:** Grilled Cheese Sandwich

**29**

Cheesy Breadsticks w/Marinara (V)  
Baja Fish Tacos  
Beef Meatball Sub  
Buffalo Chicken Wrap  
Chicken Caesar Salad w/Roll  
**PreK:** Cheese Pizza (V)

## 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.

[www.liftoffplayground.com](http://www.liftoffplayground.com)

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Offerings: Cold Cereal, Cereal Bar w/Crackers or Cheese Stick, Fruit, Juice & Milk				Breakfast Casserole w/Toast Cinnamon Roll (V)
NO SCHOOL	Breakfast Plate w/Pancakes French Toast Sticks (V)	Breakfast Tacos Cinnamon Roll (V)	Chicken on a Biscuit Peach Yogurt Parfait w/Granola (V)	Breakfast Casserole Berry Banana Smoothie (V)
Breakfast Sandwich Dutch Waffle (V)	Sausage Biscuit Sandwich Apple Cinnamon Muffin Tops (V)	Sausage Kolache (V) WG Banana Bread (V)	Pancake on a Stick Sausage Biscuit Sandwich	Bagel Sandwich Lemonade Stand Smoothie w/ Crackers (V)
Egg & Cheese Muffin Dutch Waffle (V)	Sausage Kolache Blueberry Muffin Tops (V)	Sausage Biscuit Sandwich Apple Cinnamon Muffin Tops (V)	Breakfast Plate or Cinnamon Roll (V)	French Toast Sticks (V) Bagel w/ Cream Cheese (V)
Breakfast Burrito or Dutch Waffle	Chicken on a Bun Blueberry Muffin Tops (V)	Sausage Kolache or Cinnamon Roll (V)	Breakfast Burrito or Bagel w/Cream Cheese (V)	Breakfast Pizza or Smoothie w/WG Crackers (V)

## Fresh Pick Recipe

### BAKED BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.
2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

**NUTRITION FACTS:**  
277 calories, 11g fat,  
263mg sodium, 3g fiber



Keller ISD Child Nutrition Department  
817-744-3980



Please look for these icons in your cafeteria.