

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

2

Labor Day

3

WG Italian Chicken Sandwich  
On Whole Grain Bun  
Whole Grain Cheese Pizza  
Turkey & Cheese Sandwich  
On Whole Wheat Bread

4

Hot BBQ Turkey Sandwich  
on Whole Grain Bun  
Italian Dunkers  
Sun Butter & Jelly  
Sandwich & String Cheese

5

WG Pepperoni Pizza  
Turkey Hot Dog on a bun  
Chicken Caesar on a  
Hearty Grain Wrap

6

Whole Grain  
Chicken Corn Dog  
Crispy Chicken on  
Whole Grain Bun  
Vegetarian Taco Salad  
& Tortilla Chips

9

Cheeseburger on a  
Whole Grain Bun  
WG Bean & Cheese Burrito  
Turkey Ham & Cheese on a  
Hearty Grain Wrap

10

Chicken Soft Tacos  
Whole Grain Cheese Pizza  
Turkey & Cheese Sandwich  
on Whole Wheat Bread

11

Beef Teriyaki Dippers  
& Brown Rice  
Italian Dunkers  
Sun Butter & Jelly  
Sandwich & String Cheese

12

Breakfast for Lunch  
Waffles & Sausage  
Turkey Hot Dog on a Bun  
Chicken Caesar on  
Heart Grain Wrap

13

Orange Chicken  
& Brown Rice  
Crispy Chicken on a  
Whole Grain Bun  
Vegetarian Taco Salad  
& Tortilla Chips

16

WG Spaghetti & Meatballs  
w/ Marinara Sauce  
WG Bean & Cheese Burrito  
Turkey Ham & Cheese on a  
Hearty Grain Wrap

17

Beef Soft Tacos  
Whole Grain Cheese Pizza  
Turkey & Cheese Sandwich  
on Whole Wheat Bread

18

WG Chicken Nuggets  
& Brown Rice  
Italian Dunkers  
Sun Butter & Jelly  
Sandwich & String Cheese

19

Nachos with  
Beans & Cheese  
Turkey Hot Dog on a Bun  
Chicken Caesar on  
Hearty Grain Wrap

20

Macaroni & Cheese  
w/ Diced Ham & Wheat Roll  
Crispy Chicken on a  
Whole Grain Bun  
Vegetarian Taco Salad  
& Tortilla Chips

23

Cheeseburger on a  
Whole Grain Bun  
WG Bean & Cheese Burrito\*  
Turkey Ham & cheese on a  
Hearty Grain Wrap

24

Italian Chicken Sandwich  
on Whole Grain Bun  
Whole Grain Cheese Pizza\*  
Turkey Cheese Sandwich  
on Whole Wheat Bread

25

Beef Teriyaki Dunkers  
Brown Rice  
Italian Dunkers\*  
Sun Butter & Jelly  
Sandwich & String Cheese

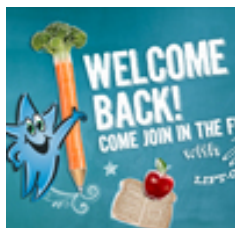
26

WG Pepperoni Pizza  
Turkey Hot Dog on a Bun  
Chicken Caesar on a  
Hearty Grain Wrap

27

Whole Grain  
Chicken corn Dog  
Crispy Chicken on a  
Whole Grain Bun  
Vegetarian Taco Salad\*  
& Tortilla Chips

30



Try the Fresh Pick of the Month from the Garden Bar: Jicama! Also try the Harvest of the month: Cucumbers! We offer fruits and vegetables daily on the Garden Bar with your meal. You must select at least 1/2 cup of fruit or vegetables or a combination of both. You may always select more.



We offer 1% white milk and non fat chocolate milk daily. Menu is subject to change.

## The Power to THINK!

Do you remember how tired and grumpy you felt after skipping a meal or going without food for too long? The average meal takes about 4 to 5 hours to digest. If your last meal was at 6 PM and now it's 6 AM, 12 hours have passed and your body needs food. Eating breakfast gives your mind the power to think! Without this fuel to re-charge the mind in the morning, most students will lack clarity in thinking, will process information more slowly, will have a slower reaction time, and simply won't be ready to perform at their best. Make this year one of the best by helping your child start each day refueled and recharged!



Breakfast is more than a sip of juice and bite of toast in the morning. When planning breakfast consider all the foods groups and include some protein in the meal such as eggs, lean meats, cheese, yogurt and low-fat milk, as well as fruits and wholesome some grains. No time for breakfast? Encourage your child to grab a morning meal at school. The USDA requires all schools to offer meals consistent with strict nutritional guidelines. If you have questions about school breakfast, give your school foodservice manager a call. Breakfast contributes to academic success. Let's work together to ensure all students have what it takes to succeed.



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
Benefit Bar Fresh Fruit or Milk	Whole Wheat Bagel with Cream Cheese Fresh Fruit or Milk	WG Breakfast Round Fresh fruit or milk	Whole Grain Mini Pancakes Fresh Fruit or Milk	Whole Grain Banana Loaf Fresh fruit or milk
Whole Grain French Toast Sticks Fresh fruit or milk	Egg & Cheese Burrito Fresh fruit or milk	WG Waffle Sticks Fresh fruit or milk	Yogurt & Graham Crackers Fresh fruit or milk	WG Beef Sausage Biscuit Fresh fruit or milk
		We use a two week menu cycle for Breakfast.		
		Full Salad Bars are available at all schools. We serve local produce whenever possible.		
Fruit Options: Peaches Fresh Apples Raisins	Fruit Options: Pears Fresh Oranges Raisins	Fruit Options: Applesauce Fresh Bananas Raisins	Fruit Options: Apricots Fresh Oranges Raisins	Fruit Options: Fruit Cocktail Fresh Apples Raisins
Vegetable Options: Broccoli Celery Jicama Salad Mix	Vegetable Options: Carrots Kidney Beans Tomatoes Salad Mix	Vegetable Options: Broccoli Corn Celery Salad Mix	Vegetables Options: Carrots Kidney Beans Celery Salad Mix	Vegetable Options: Corn Carrots Broccoli Salad Mix

### Fresh Pick Recipe

#### WHITE BEAN AND JICAMA SALAD (SERVES 4)

- 3/4 cup and 1/2 Tbsp cannellini beans
- 2 3/8 tsp raw lemon peel
- 3 Tbsp and 5/8 tsp cilantro
- 3/4 cup and 1/2 Tbsp jicama
- 3 Tbsp and 5/8 tsp sweet red pepper (diced)
- 1 Tbsp and 1 3/4 tsp lemon juice
- 1 Tbsp and 1 3/4 tsp canola/olive oil blend

1. Rinse and drain beans.
2. Zest lemons.
3. Wash cilantro and pat dry. Pull leaves off the stem and roughly chop.
4. Peel and dice jicama.
5. Dice red pepper.
6. Combine lemon zest, lemon juice and oil in a non-reactive bowl. Whisk until thoroughly combined.
7. Gently stir in beans, jicama, peppers and cilantro. Allow at least 30 minutes for flavors to meld.

**NUTRITION FACTS:**  
148 calories, 5.86g fat,  
110mg sodium, 6.37g fiber

### Millbrae School District

Breakfast Price: \$1.50 Student \$2.25 Adult Lunch Price: \$2.75 Student \$3.50 Adult

