



Soledad Elementary Menu

SEP 2022

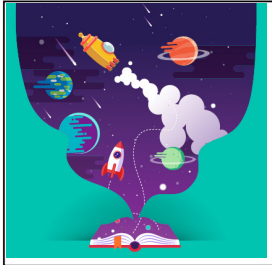
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Menu Subject to Change Due to
Manufacturer Product & Labor
Shortages

1% Regular Milk and Fat Free
Chocolate Milk

available at all meal services

1

Cheese/ Pepperoni Pizza
or
Rib B Que Sandwich

2

Cheeseburger
or
Cheese Dunkers



5

NO School

6

Cheeseburger
or
Mac & Cheese

7

Deli Sandwich
or
Enchirito

8

Spaghetti & Meat Sauce w/ Roll
or
Chicken Sandwich

9

Cheese/ Pepperoni Pizza
or
Cheese Nachos



12

Chicken Nuggets
or
Taco Nada

13

Corndog
or
Chicken Sandwich

14

Bean & Cheese Burrito
or
Grilled Cheese Sandwich

15

Cheese/ Pepperoni Pizza
or
Rib B Que Sandwich

16

Cheeseburger
or
Cheese Dunkers



19

Teriyaki Chicken w/ Rice
or
Chicken Tenders

20

Cheeseburger
or
Mac & Cheese

21

Deli Sandwich
or
Enchirito

22

Spaghetti & Meat Sauce w/ Roll
or
Chicken Sandwich

23

Cheese/ Pepperoni Pizza
or
Cheese Nachos



26

Chicken Nuggets
or
Taco Nada

27

Corndog
or
Chicken Sandwich

28

Bean & Cheese Burrito
or
Grilled Cheese Sandwich

29

Cheese/ Pepperoni Pizza
or
Rib B Que Sandwich

30

Cheeseburger
or
Cheese Dunkers

The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.¹ 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.¹ 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.liftoffsplyground.com

BREAKFAST

Every Day choice: Cereal Variety w/ Graham Crackers
Juice or Fresh Fruit and Milk available with all breakfast meals

MONDAY: Benefit Bar

TUESDAY: Cinnamon Rolls

WEDNESDAY: Conchas

THURSDAY: French Toast Sticks

FRIDAY: Breakfast Pizza or Pancakes

Fresh Pick Recipe

CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (floreets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.



ALL MEALS FOR ALL STUDENTS FREE!



Please look for these icons in your cafeteria.