

# WILLIAM S HART SCHOOLS

## AUGUST 2021 MENU

A minimum of 3 sides offered daily with lunch.

Fresh fruits and vegetables are served daily.

Locally grown items served whenever seasonally available.

This institution is an equal opportunity provider.



### Creations

MONDAY – Chicken Alfredo Pasta w/ Dinner Roll

TUESDAY – Beef Teriyaki w/ Rice

WEDNESDAY – Chicken Burrito Bowl

THURSDAY – Green Chili & Cheese Tamales

FRIDAY – Sweet & Sour Chicken w/ Rice

### Fast Takes

MONDAY – Yogurt Parfait w/ Fruit & Granola

TUESDAY – Caesar Salad w/ Roll

WEDNESDAY – Crispy Chicken Salad w/ Ranch + Dinner Roll

THURSDAY – Yogurt Parfait w/ Fruit & Granola

FRIDAY – Chicken Caesar Salad w/ Dinner Roll

### Pizza

DAILY SELECTION OF  
CHEESE PIZZA & PEPPERONI  
PIZZA

### Grill

DAILY SELECTION OF  
HAMBURGER,  
CHEESEBURGER, & CRISPY  
CHICKEN SANDWICH  
*Served with baked fries or tater  
tots.*

# WILLIAM S HART SCHOOLS – JUNIOR HIGH MENU AUGUST 2021



A minimum of 3 sides offered daily with lunch.

Fresh fruits and vegetables are served daily.

Locally grown items served whenever seasonally available.

This institution is an equal opportunity provider.

## Creations

MONDAY – Chicken Alfredo  
Pasta w/ Dinner Roll

TUESDAY – Bean & Cheese  
Burrito

WEDNESDAY – Chicken  
Burrito Bowl

THURSDAY – Green Chili &  
Cheese Tamales

FRIDAY – BBO chicken  
sandwich

## Pizza

DAILY SELECTION OF  
CHEESE PIZZA & PEPPERONI  
PIZZA

## Fast Takes

MONDAY – Yogurt Parfait w/  
Fruit & Granola

TUESDAY – Caesar Salad w/  
Roll

WEDNESDAY – Crispy Chicken  
Salad w/ Ranch + Dinner Roll

THURSDAY – Yogurt Parfait w/  
Fruit & Granola

FRIDAY – Chicken Caesar Salad  
w/ Dinner Roll

## Grill

DAILY SELECTION OF  
HAMBURGER,  
CHEESEBURGER, & CRISPY  
CHICKEN SANDWICH  
*Served with baked fries or tater  
tots.*

## 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.liftoffsplyground.com](http://www.liftoffsplyground.com)

## BREAKFAST

**OFFERED DAILY: Cereal, Benefit Bar, Breakfast Bread, Cereal Bar, Yogurt w/Crackers, Whole Grain Pop Tarts**

**MONDAY: CHORIZO BREAKFAST BURRITO  
PEACHY PARFAIT**

**TUESDAY: BREAKFAST SANDWICH  
BLUEBERRY MUFFIN TOP w/STRING CHEESE**

**WEDNESDAY: BREAKFAST SAUSAGE PIZZA  
BAGEL w/CREAM CHEESE**

**THURSDAY: CHORIZO BREAKFAST BURRITO  
CINNAMON BUN**

**FRIDAY: BREAKFAST SANDWICH  
PEACHY PARFAIT**

**SERVED DAILY:  
FRESH FRUIT  
ASSORTED MILKS  
100% FRUIT JUICE**

## Fresh Pick Recipe

PEACH SALAD WITH  
BASIL VINAIGRETTE

- 4 c Romaine lettuce(1" slices)
- 2 Peaches (medium/seeded/sliced ¼" thickness)
- ½ Cucumber (peeled/sliced thin/ in rounds)
- ¼ c Onion (sliced thin)
- 1/3 c Salad oil(light)
- 1 ½ T Lemon juice
- 2 t Honey
- 2 T Fresh basil(chiffonade)
- Salt and Pepper to taste

1. Prepare ingredients as directed.
2. In medium bowl place lettuce, peaches, cucumber and onion.
3. In small bowl mix oil, lemon juice, honey, basil and salt and pepper.
4. When ready to serve, toss the salad with the dressing.

**ALL MEALS ARE COMPLIMENTARY FOR ALL  
CHILDREN 18 YEARS AND YOUNGER**

**THERE ARE NO ELIGIBILITY REQUIREMENTS NEEDED.  
IF YOU HAVE ANY QUESTIONS, PLEASE CHECK THE WEBSITE**



10% post-consumer



Nutrition Information is available upon request.

