

MONDAY

NACHO DUNKERS:
TORTILLA CHIPS
NACHO CHEESE CUP
SALSA
FRESH FRUIT

BAM SLAM:
MINI BAGELS
PEPPERONI SLICES
STRING CHEESE
APPLE SMILES

TUESDAY

31

**WELCOME
BACK!**

WEDNESDAY

1

MUST SELECT ONE:
NACHO DUNKERS
TUNA BOAT
CHEESE SANDWICH
MAY SELECT UP TO THREE:
APPLE JUICE
CHOCOLATE GOLDFISH
FRESH BABY CARROTS W/ DIP
MAY SELECT ONE:
MILK

THURSDAY

2

MUST SELECT ONE:
BIG DADDY CHEESE PIZZA
TUNA BOAT
CHEESE SANDWICH
MAY SELECT UP TO THREE:
4 BEAN SALAD
FRESH PLUMS
FRUIT COCKTAIL
MAY SELECT ONE:
MILK

FRIDAY

3

MUST SELECT ONE:
CHICKEN PATTY SANDWICH
TUNA BOAT
CHEESE SANDWICH
MAY SELECT UP TO THREE:
RI FRESH BLUEBERRIES
FRESH BROCCOLI W/ DIP
CHILLED PEACHES
MAY SELECT ONE:
MILK

Week One: Nutrient Average: Calories 689, Cholesterol 45 mg, Sodium 1364 mg, Fiber 6.87 g, Iron 3.69 mg, Calcium 567.88 mg, Vitamin A 2507 IU
Vitamin C 25.94 mg, Total Fat 20.92 g, Protein 26.71 g, Carbohydrate 98.05 g, Saturated Fat 7.63 g



6

MUST SELECT ONE:
CHICKEN NUGGETS
W/ DINNER ROLL
YOGURT AND PRETZEL
SALAMI AND CHEESE WRAP
CHEESE SANDWICH
MAY SELECT UP TO THREE:
CHILLED PEARS
RANCH ROASTED GARBANZO
BEANS
RI SPINACH SALAD W/ HONEY
MUSTARD DRESSING
MAY SELECT ONE:
MILK

7

MUST SELECT ONE:
BAM SLAM
YOGURT AND PRETZEL
HAM AND CHEESE SANDWICH
CHEESE SANDWICH
MAY SELECT UP TO THREE:
GLAZED CARROTS
FRESH WATERMELON
CHEDDAR GOLDFISH
MAY SELECT ONE:
MILK

8

ROSH HASHANAH

9

MUST SELECT ONE: 10
PANCAKES WITH OR WITHOUT
SYRUP
YOGURT AND PRETZEL
TURKEY AND CHEESE
SANDWICH
CHEESE SANDWICH
MAY SELECT UP TO THREE:
RI FRESH NECTARINES
CHILLED MANDARIN ORANGES
CELERY STICKS W/ DIP
MAY SELECT ONE:
MILK

Week Two: Nutrient Average: Calories 673, Cholesterol 42 mg, Sodium 1243 mg, Fiber 6.95 g, Iron 3.55 mg, Calcium 557.46 mg, Vitamin A 2625 IU
Vitamin C 24.81 mg, Total Fat 16.63 g, Protein 26.96 g, Carbohydrate 104.11 g, Saturated Fat 6.38

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MUST SELECT ONE:
HAMBURGER WITH OR
WITHOUT CHEESE
CHICKEN FAJITA SALAD
BOLOGNA AND CHEESE
SANDWICH
CHEESE SANDWICH
MAY SELECT UP TO THREE:
MIXED VEGETABLES
APPLESAUCE
RAINBOW PASTA SALAD
MAY SELECT ONE:
MILK

14

RI PRIMARY

15

MUST SELECT ONE:
SPAGHETTI TACO
CHICKEN FAJITA SALAD
TURKEY & CHEESE WRAP
CHEESE SANDWICH
MAY SELECT UP TO THREE:
FRESH PEARS
GREEN BEAN SALAD
CHILLED PEACHES
MAY SELECT ONE:
MILK

16

MUST SELECT ONE:
BIG DADDY CHEESE PIZZA
SPINACH SALAD WITH LOCAL
EGGS
LITTLE RHODY EGG SALAD
SANDWICH
CHEESE SANDWICH
MAY SELECT UP TO THREE:
RI SLAW
RI FRESH APPLE
RI FRESH BELL PEPPER STRIPS
W/ DIP
MAY SELECT ONE:
MILK

17

MUST SELECT ONE:
GENERAL TSO'S CHICKEN
WRAP W/ FORTUNE COOKIE
CHICKEN FAJITA SALAD
HAM AND CHEESE SUB
CHEESE SANDWICH
MAY SELECT UP TO THREE:
CHILLED PINEAPPLE
GLAZED CARROTS
RI FRESH PEACHES
MAY SELECT ONE:
MILK

Week Three: Nutrient Average: Calories 666, Cholesterol 52 mg, Sodium 1479 mg, Fiber 7.97 g, Iron 4.85 mg, Calcium 538.35 mg, Vitamin A 3058 IU
Vitamin C 25.66 mg, Total Fat 20.57 g, Protein 29.16 g, Carbohydrate 91.45 g, Saturated Fat 7.57 g

20

MUST SELECT ONE:
ITALIAN CHEESE STUFFED
DUNKERS W/ MARINARA SAUCE
CHICKEN BLT SALAD
TURKEY AND CHEESE SAND-
WICH
CHEESE SANDWICH
MAY SELECT UP TO THREE:
RI FRESH APPLE
FRESH BROCCOLI W/ DIP
CHILLED MIXED FRUIT
MAY SELECT ONE:
MILK

21

MUST SELECT ONE:
CHICKEN NUGGETS
W/ DINNER ROLL
CHICKEN BLT SALAD
TUNA WRAP
CHEESE SANDWICH
MAY SELECT UP TO THREE:
FRESH CARROTS W/ DIP
CHILLED PINEAPPLE
MEXICAN TABOULEH
MAY SELECT ONE:
MILK

22

MUST SELECT ONE:
TERIYAKI MEATBALLS W/
RICE AND FORTUNE COOKIE
CHICKEN BLT SALAD
BOLOGNA AND CHEESE SUB
CHEESE SANDWICH
MAY SELECT UP TO THREE:
CUCUMBER SALAD
CHILLED MANDARIN ORANGES
PEAS
MAY SELECT ONE:
MILK

23

MUST SELECT ONE:
BIG DADDY CHEESE PIZZA
CHICKEN BLT SALAD
HONEY CHICKEN WRAP
CHEESE SANDWICH
MAY SELECT UP TO THREE:
CAESAR SALAD
FRESH HONEYDEW
CHILLED PEARS
MAY SELECT ONE:
MILK

24

MUST SELECT ONE:
EGG, SAUSAGE AND CHEESE
SCRAMBLE WITH HOME FRIES
CHICKEN BLT SALAD
HAM AND CHEESE SANDWICH
CHEESE SANDWICH
MAY SELECT UP TO THREE:
APPLESAUCE
FRESH PLUMS
RI FRESH BROCCOLI W/ DIP
MAY SELECT ONE:
MILK

Week Four: Nutrient Average: Calories 652, Cholesterol 96 mg, Sodium 1214 mg, Fiber 6.71 g, Iron 3.82 mg, Calcium 479.10 mg, Vitamin A 1938 IU
Vitamin C 26.74 mg, Total Fat 21.83 g, Protein 30.16 g, Carbohydrate 86.96 g, Saturated Fat 7.61 g

27

MUST SELECT ONE:
HOT DOG
CHICKEN CAESAR SALAD
TUNA BOAT
CHEESE SANDWICH
MAY SELECT UP TO THREE:
BAKED BEANS
PINEAPPLE COLE SLAW
CHILLED PEACHES
MAY SELECT ONE:
MILK

28

MUST SELECT ONE:
CHICKEN NUGGETS
W/ DINNER ROLL
CHICKEN CAESAR SALAD
BOLOGNA AND CHEESE
SANDWICH
CHEESE SANDWICH
MAY SELECT UP TO THREE:
RI FRESH APPLE
MASHED SWEET POTATO
CHILLED APRICOTS
MAY SELECT ONE:
MILK

29

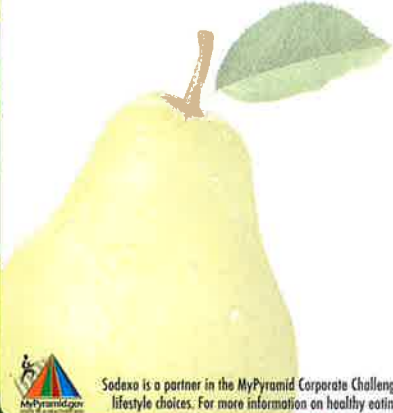
MUST SELECT ONE:
BEEF TACO
CHICKEN CAESAR SALAD
ITALIAN SUB
CHEESE SANDWICH
MAY SELECT UP TO THREE:
AZTEC CORN
FRESH BANANA
RI FRESH ZUCCHINI W/ DIP
MAY SELECT ONE:
MILK

30

MUST SELECT ONE:
BIG DADDY CHEESE PIZZA
CHICKEN CAESAR SALAD
TURKEY AND CHEESE WRAP
CHEESE SANDWICH
MAY SELECT UP TO THREE:
MARINATED GARDEN SALAD
SUGAR SNAP PEAS
APPLESAUCE
MAY SELECT ONE:
MILK

Week Five: Nutrient Average
Calories 653, Cholesterol 53
mg, Sodium 1247 mg, Fiber
7.57 g, Iron 4.25 mg,
Calcium 528.36 mg, Vitamin A
3125 IU, Vitamin C 22.34 mg,
Total Fat 19.22 g, Protein
28.91 g, Carbohydrate 94.27g,
Saturated Fat 6.90 g





Sodexo is a partner in the MyPyramid Corporate Challenge to promote healthy food and lifestyle choices. For more information on healthy eating, visit www.mypyramid.gov.

All Rhode Island Local Day

Sodexo School Services is proud to highlight the many local flavors of Rhode Island. On September 16, Sodexo will feature local produce and products produced in Rhode. Sodexo believes in supporting the local economy by purchasing from local farmers and business through out Rhode Island.

Part of Sodexo's commitment to a better tomorrow plan is to purchase local, seasonal or sustainably grown and raised products in all of our accounts.

www.liftoffsplyground.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast</i>	ASSORTED BREAKFAST PASTRY INCLUDES: CORN MUFFIN BLUEBERRY MUFFIN CHOCOLATE CHIP MUFFIN HONEY WHEAT STICK MUST SELECT ONE: ASSORTED BREAKFAST OR ASSORTED BREAKFAST PASTRY	MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 1 MUST SELECT ONE:	ASSORTED CEREAL OR YOGURT AND GRAHAM CRACKERS MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 2 MUST SELECT ONE:	ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 3
LABOR DAY 6	MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 7	MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 8	ROSH HASHANAH 9	MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 10
MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 13	RI PRIMARY 14	MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 15	MUST SELECT ONE: ASSORTED CEREAL OR YOGURT AND GRAHAM CRACKERS MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 16	MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 27
MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 20	MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 21	MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 22	MUST SELECT ONE: ASSORTED CEREAL OR YOGURT AND GRAHAM CRACKERS MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 23	MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 24
MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 27	MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 28	MUST SELECT ONE: ASSORTED CEREAL OR YOGURT AND GRAHAM CRACKERS MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 29	MUST SELECT ONE: ASSORTED CEREAL OR ASSORTED BREAKFAST PASTRY MAY SELECT UP TO TWO: ORANGE JUICE OR APPLE JUICE FRESH FRUIT ASSORTMENT MAY SELECT ONE: MILK 30	 sodexori.com

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to www.besmart-eatsmart-livesmart.com.

We have worked closely with **Roch's Fruit & Produce** to identify local farmers and Rhode Island Businesses whose products will be featured on our menus. Sodexo is committed to "Making every day a better day" for the children of Rhode Island.

- Catanzaro food Product
- Narragansett Creamery
- Little Rhody Franks.
- Homestead Baking Company
- Calise & Sons Bakery
- Genell Rose Inc.
- Rhody Fresh Milk

All of the fresh Produce served on our menus support our local farms.

- Pippin Orchard Farm
- Confreda Farm
- Steere Orchard
- Knights Farm in Greenville
- Barden Orchard
- Jaswells Farm
- Ferolbink
- Pezza Farm
- D.E. Vine Foods
- Maral Sales & Paper
- Alaphagraphics Printing

What is a Balanced Plate? Building a healthy plate means filling half of your plate with fruits and vegetables, one-quarter of your plate with lean protein choices and the remaining one-quarter of your plate with good-for-you grains. Planning your meals the balanced way helps ensure you:

1. Get the right mix of nutrients with more nutrient-dense foods such as fruits, vegetables and whole grains.
2. Eat enough fiber every day.
3. Reduce your intake of added fats and sugars in your diet.
4. Fill up and feel satisfied after a meal without over-doing it

With too many unnecessary calories. The next time you and your family plan a meal or go out to eat, ask yourself, "Is my plate balanced?"