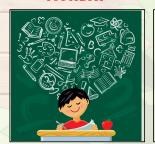
MONDAY



TUESDAY



WEDNESDAY

2

9

Free Breakfast:

Chocolate Chip Breakfast Round Lunch: WG Baked Corn Dog American Sandwich Includes Fruits, Vegetables & Milk

THURSDAY

3

Free Breakfast: Mini Maple Waffles Lunch:

Grilled Chicken & Cheese Sandwich Ham & Cheese Sandwich Includes Fruits, Vegetables & Milk

FRIDAY

4

Free Breakfast:

Blueberry Muffin Lunch: Bean & Cheese Burrito Turkey & Cheese Sandwich Includes Fruits, Vegetables & Milk



8

Free Breakfast: Yogurt & Graham Crackers Lunch: **NEW! BBQ Chicken Sandwich** Italian Sub Includes Fruits, Vegetables & Milk

Free Breakfast: Ultimate Breakfast Round Lunch: Hot Dog on a Bun Crispy Chicken Wrap

Includes Fruits, Vegetables, & Milk

10

Free Breakfast:

Bagel with Cream Cheese Lunch: Chicken Burger American Sandwich Includes Fruits, Vegetables & Milk 11

Free Breakfast:

Mini Cinni's Lunch:

Cheeseburger or Hamburger Turkey & Cheese Sandwich Includes Fruits, Vegetables & Milk

14

Free Breakfast:

Pancake & Sausage on a Stick Lunch: Chicken Nuggets w/WG Roll Turkey & Cheese Sandwich Includes Fruits, Vegetables & Milk 15

Free Breakfast:

Apple Frudel Lunch: WG Baked Corn Dog American Sandwich Includes Fruits, Vegetables & Milk

Free Breakfast: Mini Maple Waffles

Lunch: Chicken Burger Crispy Chicken Salad w/WG Roll Includes Fruits, Vegetables & Milk 17

24

Free Breakfast: Mini Pancakes

Lunch: Hot Ham & Cheese Melt Italian Sub Includes Fruits, Vegetables, & Milk 18

Free Breakfast:

Homemade Banana Muffin Top Lunch: National Cheeseburger Day!

Cheeseburger or Hamburger Ham & Cheese Sandwich Includes Fruits, Vegetables & Milk

21

Free Breakfast: Yogurt & Granola

Lunch: Chicken Nuggets w/WG Roll American Sandwich Includes Fruits, Vegetables & Milk 22

Free Breakfast:

Warm Cinnamon Pancake Bites Lunch: Breakfast for Lunch:

French Toast Sticks and Sausage Italian Sub Includes Fruits, Vegetables & Milk 23

16

Free Breakfast:

Ultimate Breakfast Round Lunch: One Day Fun Day! Welcome Back BBQ! Cheeseburger with French Fries

NEW! Fiesta Salad w/Tortilla Chips Includes Fruits, Vegetables & Milk

Free Breakfast:

Overnight Oats and Blueberries Lunch:

American Sandwich Chef Salad w/WG Rolls Includes Fruits, Vegetables & Milk 25

Free Breakfast:

Apple Cinnamon Muffin Lunch: Chicken Burger

NEW! Fiesta Salad w/Tortilla Chips Includes Fruits, Vegetables & Milk

28

Free Breakfast Waffles with Fruit Compote

Lunch: BBQ Pork Riblet Sandwich Turkey & Cheese Sandwich **NEW! Fruit & Yo To-Go-Box** Includes Fruits, Vegetables & Milk 29

Free Breakfast

Cereal & Cheese Stick Lunch: Chicken Burger American Sandwich Includes Fruits, Vegetables & Milk 30

Free Breakfast:

English Muffin & Peanut Butter Lunch: Hot Dog on a Bun **NEW! Chicken Caesar Wrap** Includes Fruits, Vegetables & Milk MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components: Meat/Meat Alternative; Grain; Veggie; Fruit; Milk ONE SELECTION MUST BE A





A Guide to Safety with School Meals in the Wake of COVID-19

As the world continues the long journey back to normalcy after the COVID-19 pandemic, many students are gearing up to start a new academic year faced with new, extraordinary challenges. The start of a school year can cause anxiety for both new and returning students and parents, and recent events have added reasonable concerns about health and

safety in the wake of the global pandemic that altered the way we live, work and learn. Sodexo understands these concerns, and we are committed to protecting the health and safety of everyone who eats in our schools, as well as all members of our foodservice staff.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplayground.com

Phased Approach

The world will not return to normal overnight, and neither will our schools. Rather, we will move in steps toward a "new normal" that safeguards health while allowing school activities to resume. Our phased approach enables foodservice teams to proactively support each level of this transition with appropriate tools and techniques that strictly follow local, state, and federal guidelines.



Personal Protective Equipment (PPE)

Employees will wear masks and gloves.



Hand Washing
Staff will continue
to wash hands
frequently.



Team Member Health

Employees will regularly report on their health, including temperature checks.



Food Safety
Self-service options
will be eliminated.





Sanitizing and Disinfecting

High-touch surfaces will be cleaned frequently with professional-grade products.

We know how difficult the last few months have been, and we recognize that students and parents may have reservations about dining outside the home. We want to assure you that our foodservice teams take every precaution to deliver safe, high-quality food in a carefully controlled environment. Safeguarding the health and well-being of every member of the school community is our highest priority. Although there may be challenges ahead as the world recovers, we are optimistic that together we can rise to these challenges. Driven by a confident resolve, Sodexo's careful and systematic approach will keep students, faculty, and staff, who eat our meals at school, safe and healthy.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to http://www.foodallergy.org/.

Fresh Pick Recipe

WATERMELON SALSA

- 2 c Watermelon(medium dice)
- 1 c Cucumber(medium dice)
- ³/₄ c Pineapple(medium dice)
- 1/4 c Onion(small dice)
- 1 Jalapeno pepper(minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste
- 1. Prepare all ingredients as directed.
- 2. In medium bowl mix all ingredients together.
- This dish can be served with baked corn chips or grilled meats.



SCHOOL MEAL PRICES:The Sequim School District understands how important eating breakfast is and wants all of the students to start the day off right with FREE BREAKFAST DAILY (including pick up and remote meal service) LUNCH: REDUCED MEALS: ES - \$0.00 MS/HS - .40 PAID: ES: \$2.50 MS: \$2.75 HS: \$2.75 INVEST IN YOUR STUDENT'S LONG TERM HEALTH EAT BREAKFAST & LUNCH DAILY





Nutrition Information is available upon request.

