

MONDAY



TUESDAY

WASH YOUR HANDS 1



WEDNESDAY

2

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

9

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

16

Free Breakfast:
Mini Maple Waffles
Lunch:
Chicken Burger
Crispy Chicken Salad w/WG Roll
Includes Fruits, Vegetables & Milk

17

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

Free Breakfast:
Ultimate Breakfast Round
Lunch: One Day Fun Day!
Welcome Back BBQ!
Cheeseburger
with French Fries
or
NEW! Fiesta Salad w/Tortilla Chips
Includes Fruits, Vegetables & Milk

24

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 1/2 CUP OF FRUIT OR VEGGIE!



freshpick
for better health



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)
- ¼ c Pineapple (medium dice)
- ¼ 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.
3. 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.

