

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PLEASE PRACTICE SOCIAL DISTANCING

WASH YOUR HANDS 1

2

Desayuno gratis:
Ronda de desayuno con chispas de chocolate

Almuerzo:
Perro de maíz al horno
WG
Sándwich americano
Incluye frutas, verduras y leche

3

Desayuno gratis:
Mini waffles de arce

Almuerzo:
Sándwich de pollo y queso a la parrilla
Sándwich de Jamón y Queso
Incluye frutas, verduras y leche

4

Desayuno gratis:
Muffin de arándanos

Almuerzo:
Burrito de Frijoles y Queso
Sandwich de pavo y queso
Incluye frutas, verduras y leche



8

Desayuno gratis:
Yogur y galletas Graham

Almuerzo:
¡NUEVO! Sándwich de Pollo BBQ
Sub italiano
Incluye frutas, verduras y leche

9

Desayuno gratis:
Ronda de desayuno definitiva

Almuerzo:
Perrito caliente con bollo
Wrap de pollo crujiente
Incluye frutas, verduras y leche

10

Desayuno gratis:
Bagel con Queso Crema

Almuerzo:
Hamburguesa de pollo
Sándwich americano
Incluye frutas, verduras y leche

11

Desayuno gratis:
Mini rollos de canela

Almuerzo:
Hamburguesa con queso o hamburguesa
Sandwich de pavo y queso
Incluye frutas, verduras y leche

14

Desayuno gratis:
Panqueques y salchichas en un palito

Almuerzo:
Nuggets de pollo con rollo
Sandwich de pavo y queso
Incluye frutas, verduras y leche

15

Desayuno gratis:
Manzana Frudel

Almuerzo:
Perro de maíz al horno WG
Sándwich americano
Incluye frutas, verduras y leche

16

Desayuno gratis:
Mini waffles de arce

Almuerzo:
Hamburguesa de pollo
Ensalada de pollo crujiente con rollo
Incluye frutas, verduras y leche

17

Desayuno gratis:
Mini panqueques

Almuerzo:
Derretimiento Caliente De Jamón Y Queso
Sub italiano
Incluye frutas, verduras y leche

18

Desayuno gratis:
Tapa de muffin de plátano casero

Almuerzo:
¡Día Nacional de la Hamburguesa con Queso!
Hamburguesa con queso o hamburguesa
Sándwich de Jamón y Queso
Incluye frutas, verduras y leche

21

Desayuno gratis:
Yogur y granola

Almuerzo:
Nuggets de pollo con rollo
Sándwich americano
Incluye frutas, verduras y leche

22

Desayuno gratis:
Bocaditos calientes de panqueques de canela

Almuerzo:
Desayuno para el almuerzo:
Palitos de tostada francesa y salchicha
Sub italiano
Incluye frutas, verduras y leche

23

Desayuno gratis:
Ronda de desayuno definitiva

Almuerzo:
¡Un día de diversión!
¡Bienvenido de nuevo BBQ!
Hamburguesa con queso con papas fritas o
¡NUEVO! Ensalada Fiesta con Chips de Tortilla
Incluye frutas, verduras y leche

24

Desayuno gratis:
Avena y arándanos durante la noche

Almuerzo:
Sándwich americano
Ensalada Chef con Rollos
Incluye frutas, verduras y leche

25

Desayuno gratis:
Muffin de manzana y canela

Almuerzo:
Hamburguesa de pollo
¡NUEVO! Ensalada Fiesta con Chips de Tortilla
Incluye frutas, verduras y leche

28

Desayuno gratis:
Waffles con compota de frutas

Almuerzo:
Sándwich de costillas de cerdo a la barbacoa
Sandwich de pavo y queso
¡NUEVO! Fruit & Yo To-Go-Box
Incluye frutas, verduras y leche

29

Desayuno gratis:
Palito de cereales y queso

Almuerzo:
Hamburguesa de pollo
Sándwich americano
Incluye frutas, verduras y leche

30

Desayuno gratis:
Muffin inglés y mantequilla de mani

Almuerzo:
Hot Dog en un bollo
¡NUEVO! Wrap César de pollo
Incluye frutas, verduras y leche

KEEP SAFE

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!

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.



Download our app for more information about our school lunches.

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

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

PRECIOS DE LAS COMIDAS ESCOLARES:

El Distrito Escolar de Sequim comprende lo importante que es desayunar y quiere que todos los estudiantes comiencen bien el día con: DESAYUNO GRATUITO DIARIO (incluido servicio de recogida y comida a distancia) ALMUERZO: COMIDAS REDUCIDAS: ES - \$ 0.00 MS / HS - .40 PAGO: ES: \$ 2.50 MS: \$ 2.75 HS: \$ 2.75 INVERTIR EN LA SALUD A LARGO PLAZO DE SU ESTUDIANTE COMER DESAYUNO Y ALMUERZO DIARIOS



10% post-consumer



Nutrition Information is available upon request.

