

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PLEASE PRACTICE SOCIAL DISTANCING

WASH YOUR HANDS 1

2

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

3

Free Breakfast:
Mini Maple Waffles
Lunch:
Grilled Chicken & Cheese Sandwich
Ham & Cheese Sandwich
Includes Fruits, Vegetables & Milk

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

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.

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



10% post-consumer



Nutrition Information is available upon request.

