

MONDAY



TUESDAY

WASH YOUR HANDS 1



WEDNESDAY

2

Desayuno gratis:
Ronda de desayuno con chispas de chocolate
Almuerzo:
Perro de maíz al horno WG
Sándwich americano
Incluye frutas, verduras y leche

THURSDAY

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

FRIDAY

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

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.



sodexo



100% post-consumer



Nutrition Information is available upon request.



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