

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Desayuno:
Yogur

Almuerzo:
Cazos de carne teriyaki sobre arroz
Incluye frutas, verduras y leche

3

Desayuno:
Ronda de desayuno con chispas de chocolate

Almuerzo:
Sándwich americano
Incluye frutas, verduras y leche

4

**** Recogida de comidas ****
Greywolf y Sequim
Escuela intermedia
11 a.m.-12: 30 p.m.
Cocina Central
4:30 p.m.- 6:00 p.m.

5

Desayuno:
Ronda de desayuno con chispas de chocolate

Almuerzo:
Hamburguesa con queso
Incluye frutas, verduras y leche



9

Desayuno:
Cereal

Almuerzo:
Sandwich de mantequilla y mermelada
Incluye frutas, verduras y leche

10

Desayuno:
Bagel con Queso Crema

Almuerzo:
Hamburguesa con queso
Incluye frutas, verduras y leche



12

Desayuno:
Cereal

Almuerzo:
Hamburguesa con queso
Incluye frutas, verduras y leche

13

Desayuno:
Bagel y queso crema

Almuerzo:
Sub italiano
Incluye frutas, verduras y leche

La recogida en la acera será el martes 10 de noviembre ~ Cocina central 4: 30-6 PM solamente! No hay autobuses ni sitios alternativos.

16

Desayuno:
Rondas de desayuno definitivas

Almuerzo:
Sándwich de Jamón y Queso
Incluye frutas, verduras y leche

17

Desayuno:
Bagel de arándanos y queso crema

Almuerzo:
Nachos
Incluye frutas, verduras y leche

18

**** Recogida de comidas ****
Greywolf y Sequim
Escuela intermedia
11 a.m.-12: 30 p.m.
Cocina Central
4:30 p.m.- 6:00 p.m.

19

Desayuno:
Bagel de arándanos con queso crema

Almuerzo:
Sándwich americano
Incluye frutas, verduras y leche

20

Desayuno:
Ronda de desayuno definitiva

Almuerzo:
Hamburguesa con queso
Incluye frutas, verduras y leche



23

Desayuno:
Yogur

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

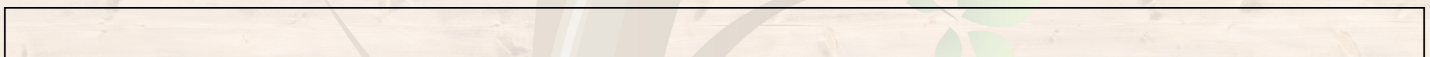
24

Desayuno:
Ronda de desayuno con chispas de chocolate

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

25

**** Recogida de comidas ****
Greywolf y Sequim
Escuela intermedia
11 a.m.-12: 30 p.m.
Cocina Central
4:30 p.m.- 6:00 p.m.



30

Desayuno:
Cereal

Almuerzo:
Nuggets de pollo
Incluye frutas, verduras y leche



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

CRANBERRY CORNBREAD DRESSING

- 4 cups cornbread, cut into large croutons
- 1 lb sausage, cooked and drained (optional)
- 1 tablespoon olive oil
- 1/2 cup onions, small dice
- 1/2 cup celery, sliced
- 1 medium apple, chopped
- 1 cup cranberries
- 1 teaspoon thyme
- 1 1/2 cups chicken broth
- salt and pepper, to taste

1. Slice cornbread into large croutons. Place on baking sheet and put in 350 degree oven for 15 minutes until crispy.
2. In medium pan, heat the olive oil and sauté onions and celery for 3 minutes.
3. Add apples and cranberries to the pan and sauté for 3 more minutes.
4. Spray a large casserole dish with oil. Place cornbread into dish and top with the cooked sausage if using.
5. Prepare all ingredients as directed and mix in a bowl.
6. With a slotted spoon, distribute the cranberry mixture on top.
7. Spoon enough of the broth onto the dish to moisten the cornbread.
8. Cover casserole dish and place in 350 degree oven for 30 minutes.



sodexo



100% post-consumer



Nutrition Information is available upon request.



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.