

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

**Desayuno:**  
Bagel con queso crema  
**Almuerzo:**  
Hot dog  
Incluye frutas, verduras y leche.

**2**

**Desayuno:**  
Yogur y galletas Graham  
**Almuerzo:**  
Sub italiano  
Incluye frutas, verduras y leche

**3**

**\*\* Recogida de comidas \*\***  
Greywolf  
y  
Sequim  
Escuela intermedia  
11:00 am-12: 30 pm  
Cocina Central  
4:30 pm 6:30 pm

**4**

**Desayuno:**  
Bagel con queso crema  
**Almuerzo:**  
Hot dog  
Incluye frutas, verduras y leche

**5**

NO  
COLEGIO  
Profesional  
Aprendiendo  
Día

Amo el planeta y su gente, ¡las súper ensaladas están aquí! ¡Prueba el tuyo hoy!

**8**

**Desayuno:**  
Cereal  
**Almuerzo:**  
Hamburguesa de pollo  
Incluye frutas, verduras y leche

**9**

**Desayuno:**  
Manzana Frudel  
**Almuerzo:**  
Sándwich de pavo y queso  
Incluye frutas, verduras y leche

**10**

Tenemos comida para  
recoger  
¡en las paradas  
de autobús también!  
Ver sitio web para más  
<https://www.sequimschools.org>

**11**

**Desayuno:**  
Cereal  
**Almuerzo:**  
Hamburguesa de pollo  
Incluye frutas, verduras y leche

**12**

**Desayuno:**  
Manzana Frudel  
**Almuerzo:**  
Sándwich de pavo y queso  
Incluye frutas, verduras y leche

Broccoli & Blueberries are two of the best superfoods on Earth. Superfoods are especially good for your body and keep you energized!

**15**

**Desayuno:**  
Ronda de desayuno definitiva  
**Almuerzo:**  
Pretzel con salsa de queso  
Incluye frutas, verduras y leche

**16**

**Desayuno:**  
Parfait de frutas y yogur con granola  
**Almuerzo:**  
Sub italiano  
Incluye frutas, verduras y leche

**17**

**\*\* Recogida de comidas \*\***  
**Greywolf & Sequim**  
**Middle School**  
**11:00 AM-12:30 PM**  
**Central Kitchen**  
**4:30 PM-6:30 PM**

**18**

**Desayuno:**  
Ronda de desayuno definitiva  
**Almuerzo:**  
Pretzel con salsa de queso  
Incluye frutas, verduras y leche

**19**

**Desayuno:**  
Parfait de frutas y yogur con granola  
**Almuerzo:**  
Sub italiano  
Incluye frutas, verduras y leche

**22**

**Desayuno:**  
Bagel con queso crema  
**Almuerzo:**  
Cazos de carne teriyaki sobre arroz  
Incluye frutas, verduras y leche

**23**

**Desayuno:**  
Rollo de canela WG  
**Almuerzo:**  
Sándwich americano  
Incluye frutas, verduras y leche

**24**

**\*\* Recogida de comidas \*\***  
Greywolf y Sequim  
Escuela intermedia  
11:00 am-12: 30 pm  
Cocina Central  
4:30 pm 6:30 pm

**25**

**Desayuno:**  
Bagel con queso crema  
**Almuerzo:**  
Cazos de carne teriyaki sobre arroz  
Incluye frutas, verduras y leche

**26**

**Desayuno:**  
Rollo de canela WG  
**Almuerzo:**  
Sándwich americano  
Incluye frutas, verduras y leche

**29**

**Desayuno:**  
Ronda de desayuno definitiva  
**Almuerzo:**  
Hamburguesa con queso  
Incluye frutas, verduras y leche

**30**

**Desayuno:**  
Galleta de suero de leche con  
gelatina  
**Almuerzo:**  
Sub italiano  
Incluye frutas, verduras y leche

**31**

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



## 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.

[liffosplayground.com](http://liffosplayground.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

#### OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

**NUTRITION FACTS:**  
395 calories, 10g fat,  
197mg sodium, 3g fiber



sodexo



10% post-consumer



### ALL MEALS ARE FREE THRU JUNE 2021!

Please see District Website to Pre-Order Meals for Pick-Up!

If you would like to provide your own meals from home please contact nutrition services at (360)582-3432 or (360) 582-3419.

If your child has allergies please call so we can accommodate meals!

Thank you!!

Nutrition Information is available upon request.

