

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Breakfast:
Ultimate Breakfast Round

Lunch:
Popcorn Chicken w/ Tater Tots
Includes Fruit, Vegetables & Milk

4

Breakfast:
Buttermilk Biscuit w/ Jelly

Lunch:
Italian Sub
Includes Fruits, Vegetables & Milk

5

****Meal Pick-Up****
Greywolf & Sequim Middle School
11:00 AM -12:30 PM
Central Kitchen
4:30 PM - 6:00 PM

6

Breakfast:
Ultimate Breakfast Round

Lunch:
Popcorn Chicken w/ Tater Tots
Includes Fruit, Vegetables & Milk

7

Breakfast:
Buttermilk Biscuit w/ Jelly

Lunch:
Italian Sub
Includes Fruits, Vegetables & Milk



10

Breakfast:
Homemade Muffin Square

Lunch:
French Toast Sticks w/ Applesauce
Includes Fruits, Vegetables & Milk

11

Breakfast:
Yogurt & Graham Crackers

Lunch:
Turkey & Cheese Sandwich
Includes Fruits, Vegetables & Milk

12

****Meal Pick-Up****
Greywolf & Sequim Middle School
11:00 AM -12:30 PM
Central Kitchen
4:30 PM - 6:00 PM

13

Breakfast:
Homemade Muffin Square

Lunch:
French Toast Sticks w/ Applesauce
Includes Fruits, Vegetables & Milk

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NO SCHOOL

SNOW MAKE-UP DAY



17

Breakfast:
Blueberry Bagel w/ Cream Cheese

Lunch:
Chicken Burger w/ Tater Tots
Includes Fruits, Vegetables & Milk

18

Breakfast:
Cereal w/ String Cheese

Lunch:
All-American Sub Sandwich
Includes Fruits, Vegetables & Milk

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****Meal Pick-Up****
Greywolf & Sequim Middle School
11:00 AM -12:30 PM
Central Kitchen
4:30 PM - 6:00 PM

20

Breakfast:
Blueberry Bagel w/ Cream Cheese

Lunch:
Chicken Burger w/ Tater Tots
Includes Fruits, Vegetables & Milk

21

Breakfast:
Cereal w/ String Cheese

Lunch:
All-American Sub Sandwich
Includes Fruits, Vegetables & Milk

Show your community your care! Clean up a park or plant a garden this summer!

24

Breakfast:
Apple Frudel

Lunch:
Oven-Roasted Chicken
Includes Fruits, Vegetables & Milk

25

Breakfast:
Fruit & Yogurt Parfait w/ Granola

Lunch:
Italian Sub
Includes Fruits, Vegetables & Milk

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****Meal Pick-Up****
Greywolf & Sequim Middle School
11:00 AM -12:30 PM
Central Kitchen
4:30 PM - 6:00 PM

27

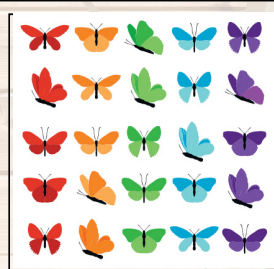
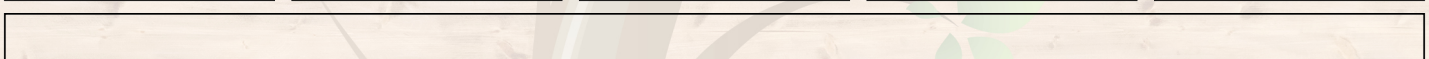
Breakfast:
Apple Frudel

Lunch:
Oven-Roasted Chicken
Includes Fruits, Vegetables & Milk

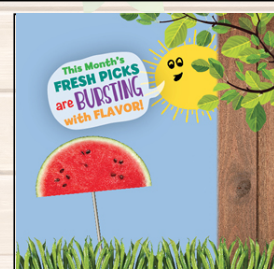
28

Breakfast:
Fruit & Yogurt Parfait w/ Granola

Lunch:
Italian Sub
Includes Fruits, Vegetables & Milk



****Meal Pick-Up****
Greywolf & Sequim Middle School
11:00 AM -12:30 PM
Central Kitchen
4:30 PM - 6:00 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.

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.



ALL MEALS FREE FOR ALL STUDENTS THRU JUNE 2021
Please see district website to Pre-Order meals to be sent home!

<https://www.sequimschools.org>

If you would like to provide your own meals, please contact nutrition services at (360) 582-3432



Nutrition Information is available upon request.

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