

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Desayuno:
Ronda de desayuno definitiva

Almuerzo:
Pollo con palomitas de maíz con Tater Tots
Incluye frutas, verduras y leche

4

Desayuno:
Galleta de suero de leche con gelatina

Almuerzo:
Sub italiano
Incluye frutas, verduras y leche

5

**** Recogida de comidas ****
Greywolf y Sequim
Escuela intermedia
11:00 AM -12: 30 PM
Cocina Central
**** 4:30 PM - 6:00 PM ****

6

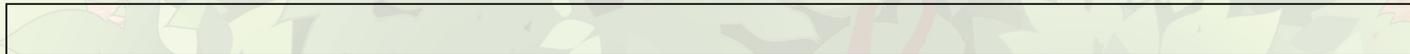
Desayuno:
Ronda de desayuno definitiva

Almuerzo:
Pollo con palomitas de maíz / Tater Tots
Incluye frutas, verduras y leche

7

Desayuno:
Galleta de suero de leche con gelatina

Almuerzo:
Sub italiano
Incluye frutas, verduras y leche



10

Desayuno:
Plaza de muffins caseros

Almuerzo:
Palitos de tostadas francesas con puré de manzana
Incluye frutas, verduras y leche

11

Desayuno:
Yogur y galletas Graham

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

12

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**** 4:30 PM - 6:00 PM ****

13

Desayuno:
Plaza de muffins caseros

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

14

NO COLEGIO

MAQUILLAJE DE NIEVE

DÍA



17

Desayuno:
Bagel de arándanos con queso crema

Almuerzo:
Hamburguesa de pollo con / Tater Tots
Incluye frutas, verduras y leche

18

Desayuno:
Cereal con queso / tiras

Almuerzo:
Sándwich americano
Incluye frutas, verduras y leche

19

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20

Desayuno:
Bagel de arándanos con queso crema

Almuerzo:
Hamburguesa de pollo con / Tater Tots
Incluye frutas, verduras y leche

21

Desayuno:
Cereal con queso / tiras

Almuerzo:
Sándwich americano
Incluye frutas, verduras y leche

¡Muestre a su comunidad su cuidado! ¡Limpia un parque o planta un jardín este verano!

24

Desayuno:
Manzana Frudel

Almuerzo:
Pollo Asado Al Horno
Incluye frutas, verduras y leche

25

Desayuno:
Parfait de frutas y yogur con granola

Almuerzo:
Sub italiano
Incluye frutas, verduras y leche

26

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27

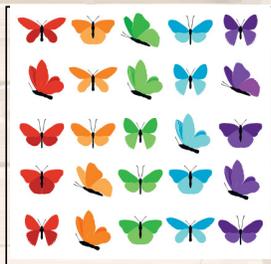
Desayuno:
Manzana Frudel

Almuerzo:
Pollo Asado Al Horno
Incluye frutas, verduras y leche

28

Desayuno:
Parfait de frutas y yogur con granola

Almuerzo:
Sub italiano
Incluye frutas, verduras y leche



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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.



TODAS LAS COMIDAS GRATIS PARA TODOS LOS ESTUDIANTES HASTA JUNIO 2021

¡Visite el sitio web del distrito para pedir comidas por adelantado que se enviarán a



Nutrition Information is available upon request.

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