

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Breakfast:
Bagel W/ Cream Cheese
Lunch:
Breakfast for Lunch:
American Sandwich
Includes Fruits, Vegetables & Milk

2

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

3

Breakfast:
Yogurt W/ Graham Crackers
Lunch:
Cheeseburger w/ Tots
Includes Fruits, Vegetables, & Milk

4

Breakfast:
Bagel W/ Cream Cheese
Lunch:
American Sandwich
Includes Fruits, Vegetables & Milk

7

Breakfast:
Apple Frudel
Lunch:
BBQ Rib Sandwich & Tots
Includes Fruits, Vegetables & Milk

8

Breakfast:
WG Donut
Lunch:
Turkey & Cheese Sandwich
Includes Fruits, Vegetables, & Milk

9

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

10

Breakfast:
Apple Frudel
Lunch:
BBQ Rib Sandwich & Tots
Includes Fruits, Vegetables, & Milk

11

Breakfast:
WG Donut
Lunch:
Turkey & Cheese Sandwich
Includes Fruits, Vegetables & Milk

Summer is just around the corner!

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

14

Breakfast:
Cinni Minni
Lunch:
Cheeseburger & Tots
Includes Fruits, Vegetables & Milk

15

Breakfast:
Cereal w/ String Cheese
Lunch:
Italian Sub
Includes Fruits, Vegetables & Milk

16

Breakfast:
Cinni Minni
Lunch:
Cheeseburger & Tots
Includes Fruits, Vegetables & Milk
Last Day BB

17

Please check with your child's school to see if remote classes today.
Have a Great Summer Break!

18

SUMMER BREAK
HAVE A GREAT SUMMER!

June 21- 30 Meals Available at Summer School Each Day ~ Meal Pick-Up will remain every Wednesday @ SMS & GW 11-12:30 and CK 4:30-6:00 PM

21

Breakfast:
Blueberry Muffin
Lunch:
Italian Sub
Includes Fruits, Vegetables & Milk

22

Breakfast:
Apple Frudel
Lunch:
Chicken & Cheese Nachos
Includes Fruits, Vegetables & Milk

23

Breakfast:
Egg & Cheese Muffin Sandwich
Lunch:
6" Personal Pizza
Includes Fruits, Vegetables & Milk

24

Breakfast:
Pancakes
Lunch:
Chicken Nuggets & Tots
Includes Fruits, Vegetables & Milk

25

Breakfast:
Bagel w/ Cream Cheese
Lunch:
Corn dog
Includes Fruits, Vegetables, & Milk

Meal Pick-Up Every Wednesday Thru Summer~ Menus will be in bag for meals to pick-up!

28

Breakfast:
Blueberry Muffin
Lunch:
Italian Sub
Includes Fruits, Vegetables & Milk

29

Breakfast:
Apple Frudel
Lunch:
Chicken & Cheese Nachos
Includes Fruits, Vegetables & Milk

30

Breakfast:
Egg & Cheese Muffin Sandwich
Lunch:
6" Personal Pizza
Includes Fruits, Vegetables & Milk



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.

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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.



Summer is just around the corner!

We will be offering free meal pick-up through the Summer. Every Wednesday: Greywolf & Sequim Middle School 11:00AM-12:30PM and Central Kitchen 4:30PM-6:30PM. You will receive Breakfast & Lunch for 7 days- Menus and heating instructions will be included in bag. If you are attending any of the locations Summer School Programs you will be getting a Breakfast & Lunch sent with you.

Check District Website for updates and details.

BE SAFE AND HAVE A WONDERFUL SUMMER!



10% post-consumer



Nutrition Information is available upon request.

