

### MONDAY



### TUESDAY



### WEDNESDAY

**1**

**Breakfast:**  
Ham & Cheese Muffin Sandwich  
**Lunch:**  
Turkey & Cheese Sandwich  
Side Veggie: Potato Wedges

### THURSDAY

**2**

**Breakfast:**  
Mini Maple Waffles  
**Lunch:**  
American Sandwich  
Side Veggie: Baked Beans

### FRIDAY

**3**

**Breakfast:**  
Homemade Fruit Muffin or Muffin Square  
**Lunch:**  
Fish & Chips  
Side Veggie: Roasted Broccoli and Carrots



**7**

**Breakfast:**  
Yogurt W/ Graham Crackers  
**Lunch:**  
Glazed Chicken Drumstick with WG Rolls  
Side Fruit: Mixed Vegetables

**8**

**Breakfast:**  
Ultimate Breakfast Round  
**Lunch:**  
Ham & Cheese Sandwich  
Side Veggies: Baked Beans

**9**

**Breakfast:**  
Blueberry Bagel W/ Cream Cheese  
**Lunch:**  
Chicken Burger  
Side Veggie: Roasted Broccoli and Carrots

**10**

**Breakfast:**  
Cinni Minni  
**Lunch:**  
Cheese Pizza (v)  
Side Veggie: Sweet Potato Fries

**13**

**Breakfast:**  
Pancake & Sausage on a Stick  
**Lunch:**  
Chicken Teriyaki Rice Bowl  
Side Veggie: Roasted Broccoli and Carrots

**14**

**Breakfast:**  
Apple Frudel  
**Lunch:**  
**Breakfast for Lunch:**  
Pancakes and Sausage  
Side Fruit: Baked Cinnamon Apples

**15**

**Breakfast:**  
Mini Maple Waffles  
**Lunch:**  
Italian Sub  
Side Veggies: Mexican Black Beans

**16**

**Breakfast:**  
Mini Blueberry Pancake Bites  
**Lunch:**  
Chicken Nuggets with WG Roll  
Side Veggie: Green Beans

**17**

**Breakfast:**  
Freshly Baked Banana Muffin Top  
**Lunch:**  
Homemade Cheese Pizza (v)  
Side Veggie: Mixed Vegetables

**20**

**Breakfast:**  
Breakfast Pizza  
**Lunch:**  
Ham & Cheese Sandwich  
Side Veggie: Mixed Vegetables

**21**

**Breakfast:**  
Pancake Bites with Cinnamon & Sugar  
**Lunch:**  
Hamburger or Cheeseburger  
Side Veggie: Baked Beans

**22**

**Breakfast:**  
Ultimate Breakfast Round  
**Lunch:**  
Sun butter & Jelly Sandwich (v)  
Side Veggie: Roasted Broccoli and Carrots

**23**

**Breakfast:**  
WG Muffin W/ String Cheese  
**Lunch:**  
Chicken Burger  
Side Veggie: Aztec Corn

**24**

**Breakfast:**  
Bagel W/ Cream Cheese  
**Lunch:**  
**Breakfast for Lunch:**  
Turkey & Cheese Sandwich  
Side Veggie: Tater Tot Hash

**27**

**Breakfast:**  
Eggo Waffles  
**Lunch:**  
Chicken Nuggets with WG Roll  
Side Veggies: Mixed Vegetables

**28**

**Breakfast:**  
Ultimate Breakfast Round  
**Lunch:**  
**Breakfast for Lunch:**  
Italian Sub  
Side Veggie: Hash Brown Potatoes

**29**

**Breakfast:**  
Yogurt W/ Graham Crackers  
**Lunch:**  
Hot Dog  
Side Veggies: Roasted Broccoli and Carrots

**30**

**Breakfast:**  
Cherry Frudel  
**Lunch:**  
Turkey Taco Nachos  
Side Veggie: Aztec Corn and Black Beans

**Breakfast:**  
WG Cinnamon Roll  
**Lunch:**  
American Sandwich  
Side Veggie: Mashed Potatoes

(v) = meatless option

## 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

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



**WELCOME BACK!**

**ALL MEALS ARE FREE FOR THE 2021-22 SCHOOL YEAR.**  
Please fill out your free & reduced applications for additional benefits and your school district.

We look forward to a great year!

Nutrition Information is available upon request.

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