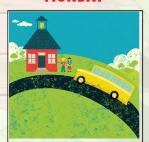
MONDAY



TUESDAY



WEDNESDAY

Breakfast:

Ham & Cheese Muffin Sandwich

Lunch:

Turkey & Cheese Sandwich

Side Veggie: Potato Wedges

THURSDAY

FRIDAY

2

Breakfast:

American Sandwich Side Veggie: Baked Beans

Mini Maple Waffles Lunch:

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

3

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.

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

APPLE AND CARROT SAUTÉ

- 1 1/2 Tbsp olive oil
- 1/4 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 comstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)
- 1. Prepare ingredients as directed.
- In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
- Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
- 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.
- 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.