

#### MONDAY



#### TUESDAY



#### WEDNESDAY

1

**Desayuno:**  
Sándwich de muffin de jamón y queso  
**Almuerzo:**  
Sándwich de pavo y queso  
Veggie lateral: gajos de papa

#### THURSDAY

2

**Desayuno:**  
Mini waffles de arce  
**Almuerzo:**  
Sándwich americano  
Side Veggie: Frijoles Horneados

#### FRIDAY

3

**Desayuno:**  
Muffin de frutas casero o cuadrado de muffin  
**Almuerzo:**  
Pescado y patatas fritas  
Guarnición de verduras: brócoli asado y zanahorias



7

**Desayuno:**  
Yogur con galletas Graham  
**Almuerzo:**  
Muslo de pollo glaseado con WG Rolls  
Guarnición de frutas: vegetales mixtos

8

**Desayuno:**  
Ronda de desayuno definitiva  
**Almuerzo:**  
Sándwich de Jamón y Queso  
Vegetales secundarios: frijoles al horno

9

**Desayuno:**  
Bagel de arándanos con queso crema  
**Almuerzo:**  
Hamburguesa de pollo  
Guarnición de verduras: brócoli asado y zanahorias

10

**Desayuno:**  
Pequeño mini  
**Almuerzo:**  
Haciendo pizza (w)  
Side Veggie: batatas fritas

13

**Desayuno:**  
Panqueques y salchichas en un palito  
**Almuerzo:**  
Cuenco de arroz con pollo teriyaki  
Guarnición de verduras: brócoli asado y zanahorias

14

**Desayuno:**  
Manzana Frudel  
**Almuerzo:**  
Desayuno para el almuerzo:  
Panqueques y Salchicha  
Guarnición de frutas: manzanas con canela al horno

15

**Desayuno:**  
Mini waffles de arce  
**Almuerzo:**  
Sub italiano  
Vegetales secundarios: frijoles negros mexicanos

16

**Desayuno:**  
Mini bocaditos de panqueques de arándanos  
**Almuerzo:**  
Nuggets de pollo con rollo WG  
Veggie lateral: judías verdes

17

**Desayuno:**  
Tapa de muffin de plátano recién horneado  
**Almuerzo:**  
Pizza casera de queso (v)  
Side Veggie: vegetales mixtos

20

**Desayuno:**  
Pizza de desayuno  
**Almuerzo:**  
Sándwich de Jamón y Queso  
Side Veggie: vegetales mixtos

21

**Desayuno:**  
Bocaditos de panqueques con canela y azúcar  
**Almuerzo:**  
Hamburguesa o hamburguesa con queso  
Side Veggie: Frijoles Horneados

22

**Desayuno:**  
Ronda de desayuno definitiva  
**Almuerzo:**  
Sándwich de mantequilla y mermelada (v)  
Guarnición de verduras: brócoli asado y zanahorias

23

**Desayuno:**  
Muffin WG con queso en tiras  
**Almuerzo:**  
Hamburguesa de pollo  
Guarnición de verduras: maíz azteca

24

**Desayuno:**  
Bagel Con Queso Crema  
**Almuerzo:**  
Desayuno para el almuerzo:  
Sándwich de pavo y queso  
Guarnición de verduras: Tater Tot Hash

27

**Desayuno:**  
Waffles Eggo  
**Almuerzo:**  
Nuggets de pollo con rollo WG  
Guarniciones de verduras: verduras mixtas

28

**Desayuno:**  
Ronda de desayuno definitiva  
**Almuerzo:**  
Desayuno para el almuerzo:  
Sub italiano  
Side Veggie: papas fritas

29

**Desayuno:**  
Yogur con galletas Graham  
**Almuerzo:**  
Pancho  
Verduras para acompañar: brócoli asado y zanahorias

30

**Desayuno:**  
Cereza Frudel  
**Almuerzo:**  
Pavo Taco Nachos  
Guarnición de verduras: maíz azteca y frijoles negros

30

**Desayuno:**  
Rollo de canela WG  
**Almuerzo:**  
Sándwich americano  
Side Veggie: Puré de papas

(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.



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10% post-consumer



Nutrition Information is available upon request.

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