

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

No Colegio



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

No Colegio

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

No Colegio

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

No Colegio

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

No Colegio

(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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