

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1

Desayuno:
Mini Cinnis (v)

TEMPRANO
LIBERACIÓN

Bolsa de almuerzo
Para llevar a casa

4

Desayuno:
Mini tortitas de arándanos (v)
Almuerzo:
Burrito de Frijoles y Queso (v)
Incluye leche, vegetales y frutas

5

Desayuno:
Cereal con / Queso en tiras
Almuerzo:
hamburguesa de pollo
Incluye leche, vegetales y frutas

6

Desayuno:
Sándwich de muffin de jamón y queso
Almuerzo:
Sándwich de pavo y queso
Incluye leche, vegetales y frutas

7

Desayuno:
Mini waffles de arce (v)
Almuerzo:
Sándwich americano
Incluye leche, vegetales y frutas

8

Desayuno:
Muffin con queso en tiras
Almuerzo:
Pizza casera de queso (v)
Incluye leche, vegetales y frutas

El almuerzo incluye: Opción del plato principal enumerado, variedad de frutas y verduras y leche.

11

Desayuno:
Palitos de tostadas francesas (v)
Almuerzo:
Hamburguesa o hamburguesa con queso
Incluye leche, vegetales y frutas

12

Desayuno:
Yogur con galletas Graham (v)
Almuerzo:
Muslo de pollo glaseado con rollos
Incluye leche, vegetales y frutas

13

Desayuno:
Ronda de desayuno definitiva
Almuerzo:
Pollo con palomitas de maíz con pequeños
Incluye leche, vegetales y frutas

14

Desayuno:
Bagel de arándanos con queso crema
Almuerzo:
Hamburguesa de pollo
Incluye leche, vegetales y frutas

15

Desayuno:
Mini Cinnis (v)
Almuerzo:
Pizza de queso (v)
Incluye leche, vegetales y frutas

18

Desayuno:
Cereal con queso en tiras
Almuerzo:
Cuenco de arroz con albóndigas teriyaki
Incluye leche, vegetales y frutas

19

Desayuno:
Manzana Frudel (v)
Almuerzo:
Desayuno para el almuerzo:
Panqueques y Salchicha
Incluye leche, vegetales y frutas

20

Desayuno:
Mini panqueques de arce (v)
Almuerzo:
Sub italiano
Incluye leche, vegetales y frutas

21

Desayuno:
Mini tortitas de arándanos (v)
Almuerzo:
Nuggets de pollo con rollo WG
Incluye leche, vegetales y frutas

22

Desayuno:
Muffin con queso en tiras
Almuerzo:
Pizza casera de queso (v)
Incluye leche, vegetales y frutas

25

Desayuno:
Burrito de desayuno
Almuerzo:
Sándwich de Jamón y Queso
Incluye leche, vegetales y frutas

26

Desayuno:
Panqueques
Almuerzo:
Hamburguesa o hamburguesa con queso
Incluye leche, vegetales y frutas

27

Desayuno:
Ronda de desayuno definitiva
Almuerzo:
Cuenco de arroz dulce tailandés con pollo
Incluye leche, vegetales y frutas

28

Desayuno:
Muffin con queso en tiras
Almuerzo:
Hamburguesa de pollo
Incluye leche, vegetales y frutas

29

Desayuno:
Bagel y queso crema (v)
Almuerzo:
Desayuno para el almuerzo:
Sándwich de pavo y queso
Incluye leche, vegetales y frutas

(v) = opción sin carne

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

WINTER SALAD WITH BUTTERNUT SQUASH (SERVES 4)

- 1/3 cup and 1 3/4 tsp roasted butternut squash
- 1 Tbsp onions (chopped)
- 1/2 Tbsp parsley (chopped)
- 1/2 cup spinach
- 3/4 cup and 3 1/2 Tbsp romaine lettuce (chopped)
- 1 Tbsp whole dried sliced cranberries

1. Prepare squash according to recipe.
2. Dice onions.
3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.

NUTRITION FACTS:
13 calories, .08g fat,
5mg sodium, .65g fiber



¡Todas las comidas para el año escolar 2021-2022 son GRATIS para todos los estudiantes!



Nutrition Information is available upon request.



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