

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**3**

**Desayuno:**  
Cereal y queso en tiras  
**Almuerzo:**  
Sándwich de cerdo desmenuzado

**4**

**Desayuno:**  
Mini panqueques  
**Almuerzo:**  
Hamburguesa o hamburguesa con queso

**5**

**Desayuno:**  
Ronda de desayuno definitiva  
**Almuerzo:**  
Carne Teriyaki y Brócoli sobre arroz

**6**

**Desayuno:**  
Muffin (v)  
**Almuerzo:**  
Macarrones con queso (v)

**7**

**Desayuno:**  
Bagel y queso crema (v)  
**Almuerzo:**  
Liberación temprana  
Bolsa de almuerzo  
Disponible

Desayuno Incluye: Opción de plato principal, fruta y leche.

**10**

**Desayuno:**  
Tostada francesa (v)  
**Almuerzo:**  
Nuggets de pollo con rollo WG

**11**

**Desayuno:**  
Ronda de desayuno definitiva (v)  
**Almuerzo:**  
Desayuno para el almuerzo:  
Palitos de tostadas francesas y salchicha

**12**

**Desayuno:**  
Mini panqueques de arce (v)  
**Almuerzo:**  
Burrito de pollo  
Bol de arroz

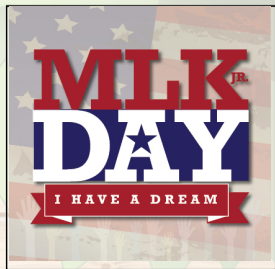
**13**

**Desayuno:**  
Cereza Frudel (v)  
**Almuerzo:**  
Taco Suave De Pavo

**14**

**Desayuno:**  
Mini Cinnis (v)  
**Almuerzo:**  
Pizza de queso casera (v)

El almuerzo incluye: plato principal, fruta, verdura y leche



**18**

**Desayuno:**  
Galleta con Mermelada (v)  
**Almuerzo:**  
Sandwich de mantequilla de sol y mermelada (v) & Patatas fritas

**19**

**Desayuno:**  
Ronda de desayuno definitiva (v)  
**Almuerzo:**  
Pretzel con salsa de queso (v)

**20**

**Desayuno:**  
Mini waffles de arce (v)  
**Almuerzo:**  
Salsa de Hamburguesa sobre Puré de Papas y WG Rolls

**21**

**Desayuno:**  
Muffin (v)  
**Almuerzo:**  
Pescado y patatas fritas

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

**24**

**Desayuno:**  
Palitos de tostadas francesas (v)  
**Almuerzo:**  
Hamburguesa o hamburguesa con queso

**25**

**Desayuno:**  
Yogur con galletas Graham (v)  
**Almuerzo:**  
Martes de tacos: taco suave de pavo

**26**

**Desayuno:**  
Ronda de desayuno definitiva (v)  
**Almuerzo:**  
Hamburguesa De Taco De Res

**27**

**Desayuno:**  
Bagel de arándanos y queso crema (v)  
**Almuerzo:**  
Sándwich De Pavo Y Queso

**28**

**Desayuno:**  
Mini Cinnis (v)  
**Almuerzo:**  
Sándwich de queso a la plancha (v)



(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

#### PEAR SALSA

- 1/2 c Onion (small dice)
- 1 Jalapeño pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 2 c Pears (medium dice)
- 1/4 c Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with baked corn chips.



¡Bienvenidos de las vacaciones de invierno!

¡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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