

MONDAY



TUESDAY

1

Breakfast:
Apple or Cherry Frudel (v)
Lunch:
Chicken Parmesan Sandwich

WEDNESDAY

2

Breakfast:
Cereal w/ String Cheese
Lunch:
Teriyaki Chicken Rice Bowl

THURSDAY

3

Breakfast:
Mini Pancakes (v)
Lunch:
Pulled Pork Nacho Bowl

FRIDAY

4

Breakfast:
Apple or Blueberry Muffin
Lunch:
EARLY RELEASE
SACK LUNCH
AVAILABLE

Breakfast Includes: Choice of entrée listed, fruit, and milk

7

Breakfast:
Omelet w/ Graham Cracker
Lunch:
Hamburger/Cheeseburger

8

Breakfast:
Pancake Bites with Cinnamon & Sugar (v)
Lunch:
Meat & Cheese Nachos

9

Breakfast:
Ultimate Breakfast Round
Lunch:
Broccoli Beef Rice Bowl

10

Breakfast:
Apple Frudel
Lunch:
Macaroni & Cheese (v)

11

Breakfast:
Bagel & Cream Cheese (v)
Lunch:
Pepperoni Pizza

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk

14

Breakfast:
Cereal w/ String Cheese
Lunch:
Chicken Nuggets with WG Roll

15

Breakfast:
Ultimate Breakfast Round (v)
Lunch:
Taco Tuesday: Beef Soft Taco

16

Breakfast:
Mini Maple Pancakes (v)
Lunch:
Teriyaki Chicken Rice Bowl

17

Breakfast:
Cherry Frudel (v)
Lunch:
Beef Taco Nachos

18

Breakfast:
WG Cinnamon Roll (v)
Lunch:
Scratch Made Sloppy Joe



22

Breakfast:
Biscuit with Jam (v)
Lunch:
Chicken Parmesan Sandwich

23

Breakfast:
Ultimate Breakfast Round (v)
Lunch:
Broccoli Beef Rice Bowl

24

Breakfast:
Maple Mini Waffles (v)
Lunch:
Hamburger Gravy over Mashed Potatoes

25

Breakfast:
Apple or Blueberry Muffin
Lunch:
Fish & Chips

28

Breakfast:
French Toast Sticks (v)
Lunch:
Beef Tot'Chos with WG Rolls



(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

PINEAPPLE SALSA (SERVES 6)

- 2 1/2 cups pineapple tidbits (drained)
- 1/2 cup green bell pepper (chopped)
- 1/4 cup red onion (chopped)
- 1/2 cup cilantro (chopped)
- 1/2 cup jalapeño pepper (drained and chopped)

Lime Dressing

- 1 tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper (ground)

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and pat dry. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapeños.
5. Whisk together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapeños with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

NUTRITION FACTS:
70 calories, 1g fat,
20mg sodium, 1g fiber

freshpick
for better health
by sodexo



All meals for the 2021-2022 school year are FREE for all students!



Nutrition Information is available upon request.



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