

MONDAY



TUESDAY

1

Desayuno:
Frudel de manzana o cereza (v)
Almuerzo:
Sándwich De Pollo A La Parmesana

WEDNESDAY

2

Desayuno:
Cereal con Queso en Tiras
Almuerzo:
Cuenco de arroz con pollo teriyaki

THURSDAY

3

Desayuno:
Mini Panqueques (v)
Almuerzo:
Tazón de nacho de puerco desmenuzado

FRIDAY

4

NO
COLEGIO

El desayuno incluye: Elección del plato principal indicado, fruta y leche

7

Desayuno:
Tortilla con galleta Graham
Almuerzo:
Hamburguesa/hamburguesa con queso

8

Desayuno:
Bocaditos de panqueques con canela y azúcar (v)
Almuerzo:
Nachos de Carne y Queso

9

Desayuno:
Última ronda de desayuno
Almuerzo:
Tazón de arroz con brócoli y carne de res

10

Desayuno:
fruta de manzana
Almuerzo:
macarrones con queso (v)

11

NO
COLEGIO

El almuerzo incluye: Elección del plato principal indicado, variedad de frutas y verduras y leche

14

Desayuno:
Cereal con Queso en Tiras
Almuerzo:
Nuggets de pollo con rollo WG

15

Desayuno:
Ronda de desayuno definitiva (v)
Almuerzo:
Martes de tacos: taco suave de res

16

Desayuno:
Mini panqueques de arce (v)
Almuerzo:
Cuenco de arroz con pollo teriyaki

17

Desayuno:
Cereza Frudel (v)
Almuerzo:
Nachos de taco de res

18

NO
COLEGIO



22

Desayuno:
Galleta con Mermelada (v)
Almuerzo:
Sándwich De Pollo A La Parmesana

23

Desayuno:
Ronda de desayuno definitiva (v)
Almuerzo:
Tazón de arroz con brócoli y carne de res

24

Desayuno:
Mini gofres de arce (v)
Almuerzo:
Salsa de hamburguesa encima
Puré de patatas

25

NO
COLEGIO

28

Desayuno:
Palitos de tostadas francesas (v)
Almuerzo:
Tot'Chos de Ternera con Rollitos WG



(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

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



¡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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