

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast Includes: Entrée listed, fruit, and milk

Lunch Includes: Entrée listed, fruits and vegetable, and milk

 1	2	3	4
Breakfast: Yogurt with Graham Crackers (v) Lunch: Meat & Cheese Nachos	Breakfast: Ultimate Breakfast Round (v) Lunch: Teriyaki Chicken Rice Bowl	Breakfast: Blueberry Bagel & Cream Cheese (v) Lunch: Chicken Burger	NO SCHOOL PLD

7	8	9	10	11
Breakfast: Cinni Mini Lunch: Turkey & Cheese Sandwich	Breakfast: Apple or Cherry Frudel (v) Lunch: Breakfast for Lunch: French Toast & Egg Patty	Breakfast: Mini Maple Waffles (v) Lunch: Broccoli Beef Rice Bowl	Breakfast: Cereal w/ String Cheese Lunch: American Sandwich	Breakfast: Muffin w/ String Cheese Lunch: Homemade Cheese Pizza (v)

14	15	16	17	18
Breakfast: Omelet w/ Graham Cracker Lunch: Pulled Pork Nacho Bowl	Breakfast: Pancake Bites with Cinnamon & Sugar (v) Lunch: Totchos	Breakfast: Ultimate Breakfast Round (v) Lunch: Teriyaki Chicken Rice Bowl	Breakfast: Muffin w/ String Cheese Lunch: Chicken Burger	Breakfast: Bagel & Cream Cheese (v) Lunch: Turkey & Cheese Sandwich

21	22	23	24	25
Breakfast: French Toast (v) Lunch: Chicken Nuggets with WG Roll	Breakfast: Ultimate Breakfast Round Lunch: Shaved Beef Sandwich	Breakfast: Mini Maple Pancakes (v) Lunch: Broccoli Beef Rice Bowl	Breakfast: Cherry Frudel (v) Lunch: Meat & Cheese Nachos	Breakfast: WG Cinnamon Roll (v) Lunch: Homemade Pepperoni Pizza (v)

28	29	30	31	
Breakfast: Mini Blueberry Pancakes (v) Lunch: Bean and Cheese Burrito (v)	Breakfast: Bagel w/ Cream Cheese Lunch: Chicken Parmesan Sandwich	Breakfast: Egg & Cheese Breakfast Sandwich Lunch: Teriyaki Chicken Rice bowl	Breakfast: Mini Maple Waffles (v) Lunch: Hamburger Gravy over Mashed Potatoes and 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

MUSHROOMS AND SNAP PEAS (SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon canola/olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2".
2. In a non-reactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

NUTRITION FACTS:
138 calories, 4g fat,
161mg sodium, 7g fiber



St. Patrick's
Day

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



Nutrition Information is available upon request.

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