

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

**Desayuno:**  
Yogur con Galletas Graham (v)  
**Almuerzo:**  
Carne y Queso nachos

2

**Desayuno:**  
Ronda de desayuno definitiva (v)  
**Almuerzo:**  
Pollo teriyaki  
Bol de arroz

3

**Desayuno:**  
Bagel de arándanos y queso crema (v)  
**Almuerzo:**  
Hamburguesa de pollo

4

NO  
COLEGIO  
  
PLD

El desayuno incluye: Entrada listada, fruta y leche.

7

**Desayuno:**  
Cinni Mini  
**Almuerzo:**  
Sándwich De Pavo Y Queso

8

**Desayuno:**  
Frudel de manzana o cereza (v)  
**Almuerzo:**  
Desayuno para el almuerzo: tostadas francesas y empanada de huevo

9

**Desayuno:**  
Mini gofres de arce (v)  
**Almuerzo:**  
Carne de brócoli  
Bol de arroz

10

**Desayuno:**  
Cereal con Queso en Tiras  
**Almuerzo:**  
Sándwich Americano

11

**Desayuno:**  
Muffin con queso en tiras  
**Almuerzo:**  
Pizza de Queso Casera (v)

Almuerzo Incluye: Entrada listada, frutas y vegetales, y leche

14

**Desayuno:**  
Tortilla con galleta Graham  
**Almuerzo:**  
cerdo desmenuzado  
Cuenco Nacho

15

**Desayuno:**  
Bocaditos de panqueques con canela y azúcar (v)  
**Almuerzo:**  
Totchos'

16

**Desayuno:**  
Ronda de desayuno definitiva (v)  
**Almuerzo:**  
Pollo teriyaki  
Bol de arroz

17

**Desayuno:**  
Muffin con queso en tiras  
**Almuerzo:**  
Hamburguesa de pollo

18

**Desayuno:**  
Bagel y Queso Crema (v)  
**Almuerzo:**  
pavo y queso  
Emparedado

21

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

22

**Desayuno:**  
Última ronda de desayuno  
**Almuerzo:**  
Carne Afeitada  
Emparedado

23

**Desayuno:**  
Mini panqueques de arce (v)  
**Almuerzo:**  
Carne de brócoli  
Bol de arroz

24

**Desayuno:**  
Cereza Frudel (v)  
**Almuerzo:**  
Carne y Queso nachos

25

**Desayuno:**  
Rollo de canela WG (v)  
**Almuerzo:**  
Pizza de pepperoni casera (v)

28

**Desayuno:**  
Mini panqueques de arándanos (v)  
**Almuerzo:**  
Burrito de Frijoles y Queso (v)

29

**Desayuno:**  
Bagel con Queso Crema  
**Almuerzo:**  
Pollo parmesano  
Emparedado

30

**Desayuno:**  
huevo y queso  
Sandwich de desayuno  
**Almuerzo:**  
Pollo teriyaki  
Bol de arroz

31

**Desayuno:**  
Mini gofres de arce (v)  
**Almuerzo:**  
Salsa de hamburguesa sobre puré de papas y rollos 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.

liftoffsplayground.com

### 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

¡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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