



August Lunch Menu

AUG 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Hamburgers/Cheeseburgers
Sweet Potato Fries

Fruit
Milk

2

Pizza
Mixed Vegetables

Fruit
Milk

3

Hot Dogs
Baked Beans

Fruit
Milk

4

Pizza
Side Salad

Fruit
Milk

5

Crispy Chicken Sandwich
Smiley Fries

Fruit
Milk

Fruit Choices may include: apples, oranges, pears, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

8

Entrée Choices
BBQ Pork Riblet Sandwich
Pizza
Salad Bar

Vegetable Choices
Corn on the Cob
Green Beans

Fruit
Milk

9

Entrée Choices
Chicken Nuggets w/ Mac & Cheese
Hot Dogs
Salad Bar

Vegetable Choices
Glazed Carrots
Side Salad

Fruit
Milk

10

Entrée Choices
Spaghetti & Meatballs
Crispy Chicken Sandwich
Salad Bar

Vegetable Choices
Sautéed Spinach
Sweet Potato Fries

Fruit
Milk

11

Entrée Choices
Smothered Chicken Thighs w/ Brown Rice
Hot Dogs
Salad Bar

Vegetable Choices
Baked Beans
Mixed Vegetables

Fruit
Milk

12

Entrée Choices
Tomato Soup w/ Grilled Cheese
Hamburgers/Cheeseburgers
Salad Bar

Vegetable Choices
Tater Tots
Side Salad

Fruit
Milk

Fruit Choices may include: apples, oranges, pears, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

15

Entrée Choices
Red Beans & Rice
Crispy Chicken Sandwich
Potato Bar

Vegetable Choices
Collard Greens
Glazed Carrots

Fruit
Milk

16

Entrée Choices
Taco Tuesday
Hamburgers/Cheeseburgers
Potato Bar

Vegetable Choices
Black Beans
Steamed Corn

Fruit
Milk

17

Entrée Choices
Breakfast for Lunch
Pizza
Potato Bar

Vegetable Choices
Tater Tots
Mixed Vegetables

Fruit
Milk

18

Entrée Choices
Pork Chop w/ Gravy & Brown Rice
Hamburgers/Cheeseburgers
Potato Bar

Vegetable Choices
Roasted Sweet Potatoes
Roasted Broccoli

Fruit
Milk

19

Entrée Choices
Gumbo & Grilled Cheese
Hot Dogs
Potato Bar

Vegetable Choices
Smiley Fries
Side Salad

Fruit
Milk

Fruit Choices may include: apples, oranges, pears, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

22

Entrée Choices
White Beans & Rice
Hot Dogs
Salad Bar

Vegetable Choices
Collard Greens
Sweet Potato Fries

Fruit
Milk

23

Entrée Choices
Salisbury Steak
Crispy Chicken Sandwich
Salad Bar

Vegetable Choices
Mashed Potatoes
Mixed Vegetables

Fruit
Milk

24

Entrée Choices
Pasta Bake
Hamburgers/Cheeseburgers
Salad Bar

Vegetable Choices
Sautéed Spinach
Corn on the Cob

Fruit
Milk

25

Entrée Choices
BBQ Chicken Thighs w/ Mac & Cheese
Crispy Chicken Sandwich
Salad Bar

Vegetable Choices
Baked Beans
Glazed Carrots

Fruit
Milk

26

Entrée Choices
Meatball Sandwich
Pizza
Salad Bar

Vegetable Choices
Tater Tots
Side Salad

Fruit
Milk

Fruit Choices may include: apples, oranges, pears, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

29

Entrée Choices
Red Beans & Rice
Hamburgers/Cheeseburgers
Pasta Bar

Vegetable Choices
Collard Greens
Sweet Potato Fries

Fruit
Milk

30

Entrée Choices
Taco Tuesday
Pizza
Pasta Bar

Vegetable Choices
Black Beans
Steamed Corn

Fruit
Milk

31

Entrée Choices
Breakfast for Lunch
Hot Dogs
Pasta Bar

Vegetable Choices
Tater Tots
Mixed Vegetables

Fruit
Milk

Entrée Choices
Chicken & Waffles
Pizza
Pasta Bar

Vegetable Choices
Baked Beans
Roasted Broccoli

Fruit
Milk

Entrée Choices
Gumbo & Grilled Cheese
Crispy Chicken Sandwich
Pasta Bar

Vegetable Choices
Smiley Fries
Side Salad

Fruit
Milk

Fruit Choices may include: apples, oranges, pears, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

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.



Download our app for more information about our school lunches.

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

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

Nutrition Information is available upon request.