

January Lunch Menu

4



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Entrée Choices Chicken Nuggets w/ Mac & Cheese Hot Dogs Vegetable Choices

Glazed Carrots Side Salad Fruit Milk

Entrée Choices Spaghetti & Meatballs w/ Dinner Roll

Crispy Chicken Sandwich Vegetable Choices Roasted Broccoli Sweet Potato Fries Fruit

Milk

Entrée Choices

Smothered Chicken Thighs w/ Brown Rice Hot Dogs Vegetable Choices Baked Beans Mixed Vegetables Fruit

Milk

Entrée Choices Tomato Soup & Grilled Cheese w/

Dinner Roll Hamburgers/Cheeseburgers
<u>Vegetable Choices</u> Tater Tots Side Salad Fruit Milk

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

9

Entrée Choices Red Beans & Rice w/ Dinner Roll Crispy Chicken Sandwich Vegetable Choices Collard Greens Glazed Carrots

Fruit

Milk

10

3

Entrée Choices Taco Tuesday Hamburgers/Cheeseburgers Vegetable Choices Black Beans Steamed Corn Fruit Milk

11

Entrée Choices Breakfast for Lunch Pizza Vegetable Choices Tater Tots Mixed Vegetables Fruit Milk

12

5

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

Vegetable Choices Sweet Potato Fries Roasted Broccoli Fruit Milk

13

6

Entrée Choices Gumbo & Grilled Cheese Hot Dogs Vegetable Choices Side Salad Smiley Fries Fruit

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

17

Entrée Choices Salisbury Steak w/ Dinner Roll Crispy Chicken Sandwich Vegetable Choices Mashed Potatoes Mixed Vegetables

Fruit

Milk

Entrée Choices Chicken Parmesan w/ Spaghetti

Hamburgers/Cheeseburgers Vegetable Choices Roasted Broccoli Steamed Corn Fruit Milk

19

Entrée Choices BBQ Chicken Thighs w/ Mac & Cheese Crispy Chicken Sandwich Vegetable Choices Baked Beans **Glazed Carrots** Fruit

20

Entrée Choices Meatball Sandwich Pizza Vegetable Choices Tater Tots Side Salad Fruit

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

23

Entrée Choices Red Beans & Rice w/ Dinner Roll Hamburgers/Cheeseburgers Vegetable Choices Collard Greens Sweet Potato Fries Fruit Milk

24

Entrée Choices Turkey Nachos Pizza Vegetable Choices Steamed Corn Black Beans Fruit Milk

25

18

Entrée Choices Breakfast for Lunch Hot Dogs Vegetable Choices Tater Tots Mixed Vegetables Fruit Milk

26

Entrée Choices Jambalaya w/ Dinner Roll Pizza Vegetable Choices Green Beans Sweet Potato Fries Fruit Milk

27

Entrée Choices Gumbo & Grilled Cheese Crispy Chicken Sandwich Vegetable Choices Side Salad Smiley Fries Fruit Milk

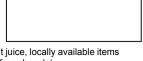
Fruit Choices may include: apples, oranges, pears, craisins, fruit juice, locally available items Milk choices include: fat-free plain, 1% plain, fat-free chocolate

30

Entrée Choices **BBQ Riblet Sandwich** Pizza Vegetable Choices Steamed Corn Green Beans Fruit Milk

Entrée Choices Chicken Nuggets w/ Mac & Cheese Hot Dogs Vegetable Choices Glazed Carrots Side Salad Fruit Milk

31



Fruit Choices may include: apples, oranges, pears, craisins, 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 1/2 Tbsp olive oil
- 1/4 c onion (small dice)
- 1/2 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 comstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)
- 1. Prepare ingredients as directed.
- In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
- Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
- 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.
- Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

Nutrition Information is available upon request.