



March Lunch Menu

MAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Entrée Choices Red Beans & Rice w/ Dinner Roll Crispy Chicken Sandwich Salad Bar w/ Dinner Roll</p> <p>Vegetable Choices Collard Greens Glazed Carrots</p> <p>Fruit Milk</p>
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<p>Entrée Choices Taco Tuesday Hamburgers/Cheeseburgers Salad Bar w/ Dinner Roll</p> <p>Vegetable Choices Black Beans Steamed Corn</p> <p>Fruit Milk</p>

<p>1</p> <p>Entrée Choices Spaghetti & Meatballs w/ Dinner Roll Crispy Chicken Sandwich Taco Bar</p> <p>Vegetable Choices Roasted Broccoli Sweet Potato Fries</p> <p>Fruit Milk</p>

<p>2</p> <p>Entrée Choices Smothered Chicken Thighs w/ Brown Rice Hot Dogs Taco Bar</p> <p>Vegetable Choices Baked Beans Mixed Vegetables</p> <p>Fruit Milk</p>

<p>3</p> <p>Entrée Choices Tomato Soup & Grilled Cheese w/ Dinner Roll Hamburgers/Cheeseburgers Taco Bar</p> <p>Vegetable Choices Tater Tots Side Salad</p> <p>Fruit Milk</p>

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

<p>6</p> <p>Entrée Choices Red Beans & Rice w/ Dinner Roll Crispy Chicken Sandwich Salad Bar w/ Dinner Roll</p> <p>Vegetable Choices Collard Greens Glazed Carrots</p> <p>Fruit Milk</p>
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<p>7</p> <p>Entrée Choices Taco Tuesday Hamburgers/Cheeseburgers Salad Bar w/ Dinner Roll</p> <p>Vegetable Choices Black Beans Steamed Corn</p> <p>Fruit Milk</p>

<p>8</p> <p>Entrée Choices Breakfast for Lunch Pizza Salad Bar w/ Dinner Roll</p> <p>Vegetable Choices Tater Tots Mixed Vegetables</p> <p>Fruit Milk</p>
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<p>9</p> <p>Entrée Choices Pork Chop w/ Gravy & Brown Rice Hamburgers/Cheeseburgers Salad Bar w/ Dinner Roll</p> <p>Vegetable Choices Sweet Potato Fries Roasted Broccoli</p> <p>Fruit Milk</p>

<p>10</p> <p>Entrée Choices Gumbo & Grilled Cheese Hot Dogs Salad Bar w/ Dinner Roll</p> <p>Vegetable Choices Side Salad Smiley Fries</p> <p>Fruit Milk</p>

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

<p>13</p> <p>Entrée Choices White Beans & Rice w/ Dinner Roll Hot Dogs Baked Potato Bar w/ Dinner Roll</p> <p>Vegetable Choices Collard Greens Sweet Potato Fries</p> <p>Fruit Milk</p>

<p>14</p> <p>Entrée Choices Salisbury Steak w/ Dinner Roll Crispy Chicken Sandwich Baked Potato Bar w/ Dinner Roll</p> <p>Vegetable Choices Mashed Potatoes Mixed Vegetables</p> <p>Fruit Milk</p>
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<p>15</p> <p>Entrée Choices Chicken Parmesan w/ Spaghetti Hamburgers/Cheeseburgers Baked Potato Bar w/ Dinner Roll</p> <p>Vegetable Choices Roasted Broccoli Steamed Corn</p> <p>Fruit Milk</p>

<p>16</p> <p>Entrée Choices BBQ Chicken Thighs w/ Mac & Cheese Crispy Chicken Sandwich Baked Potato Bar w/ Dinner Roll</p> <p>Vegetable Choices Baked Beans Glazed Carrots</p> <p>Fruit Milk</p>
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<p>17</p> <p>Entrée Choices Meatball Sandwich Pizza Baked Potato Bar w/ Dinner Roll</p> <p>Vegetable Choices Tater Tots Side Salad</p> <p>Fruit Milk</p>
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Fruit Choices may include: apples, oranges, pears, craisins, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

<p>20</p> <p>Entrée Choices Red Beans & Rice w/ Dinner Roll Hamburger/Cheeseburger Pasta Bar w/ Dinner Roll</p> <p>Vegetable Choices Collard Greens Sweet Potato Fries</p> <p>Fruit Milk</p>
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<p>21</p> <p>Entrée Choices Turkey Nachos Pizza Pasta Bar w/ Dinner Roll</p> <p>Vegetable Choices Black Beans Steamed Corn</p> <p>Fruit Milk</p>
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<p>22</p> <p>Entrée Choices Breakfast for Lunch Hot Dogs Pasta Bar w/ Dinner Roll</p> <p>Vegetable Choices Tater Tots Mixed Vegetables</p> <p>Fruit Milk</p>
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<p>23</p> <p>Entrée Choices Jambalaya w/ Dinner Roll Pizza Pasta Bar w/ Dinner Roll</p> <p>Vegetable Choices Baked Beans Roasted Broccoli</p> <p>Fruit Milk</p>

<p>24</p> <p>Entrée Choices Gumbo & Grilled Cheese Crispy Chicken Sandwich Pasta Bar w/ Dinner Roll</p> <p>Vegetable Choices Side Salad Smiley Fries</p> <p>Fruit Milk</p>
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Fruit Choices may include: apples, oranges, pears, craisins, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

<p>27</p> <p>Entrée Choices BBQ Riblet Sandwich Pizza Taco Bar</p> <p>Vegetable Choices Steamed Corn Green Beans</p> <p>Fruit Milk</p>
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<p>28</p> <p>Entrée Choices Chicken Nuggets w/ Mac & Cheese Hot Dogs Taco Bar</p> <p>Vegetable Choices Glazed Carrots Side Salad</p> <p>Fruit Milk</p>
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<p>29</p> <p>Entrée Choices Spaghetti & Meatballs w/ Dinner Roll Crispy Chicken Sandwich Taco Bar</p> <p>Vegetable Choices Roasted Broccoli Sweet Potato Fries</p> <p>Fruit Milk</p>
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<p>30</p> <p>Entrée Choices Smothered Chicken Thighs w/ Brown Rice Hot Dogs Taco Bar</p> <p>Vegetable Choices Baked Beans Mixed Vegetables</p> <p>Fruit Milk</p>
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<p>31</p> <p>Entrée Choices Tomato Soup & Grilled Cheese w/ Dinner Roll Hamburgers/Cheeseburgers Taco Bar</p> <p>Vegetable Choices Side Salad Tater Tots</p> <p>Fruit Milk</p>
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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 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.