



October Breakfast Menu

OCT 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 <u>Entrée Choices</u> Waffles Oatmeal Fruit Milk	4 <u>Entrée Choices</u> Breakfast Burrito Mini Muffins & Graham Crackers Fruit Milk	5 <u>Entrée Choices</u> Bacon Scramble w/ Toast Nutrigrain Bar & Yogurt Fruit Milk	6 <u>Entrée Choices</u> Bagel & Cream Cheese Breakfast Pizza Fruit Milk	7 NO SCHOOL FALL BREAK
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Fruit Choices may include: apples, oranges, pears, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

10 NO SCHOOL FALL BREAK	11 <u>Entrée Choices</u> Scrambled Eggs, Grits, & Toast Nutrigrain Bar & Cereal Fruit Milk	12 <u>Entrée Choices</u> Yogurt Parfait Bar Breakfast on a Stick Fruit Milk	13 <u>Entrée Choices</u> Sausage & Egg Biscuit Mini Muffins & Graham Crackers Fruit Milk	14 <u>Entrée Choices</u> Sausage Bagel Chicken Biscuit Fruit Milk
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Fruit Choices may include: apples, oranges, pears, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

17 <u>Entrée Choices</u> Waffles Oatmeal Fruit Milk	18 <u>Entrée Choices</u> Breakfast Burrito Mini Muffins & Graham Crackers Fruit Milk	19 <u>Entrée Choices</u> Bacon Scramble w/ Toast Nutrigrain Bar & Yogurt Fruit Milk	20 <u>Entrée Choices</u> Bagel & Cream Cheese Breakfast Pizza Fruit Milk	21 <u>Entrée Choices</u> Egg & Cheese Bagel Yogurt & Cereal Fruit Milk
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Fruit Choices may include: apples, oranges, pears, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

24 <u>Entrée Choices</u> Pancakes Egg & Cheese Biscuit Fruit Milk	25 <u>Entrée Choices</u> Scrambled Eggs, Grits, & Toast Nutrigrain Bar & Cereal Fruit Milk	26 <u>Entrée Choices</u> Yogurt Parfait Bar Oatmeal Fruit Milk	27 <u>Entrée Choices</u> Sausage & Egg Biscuit Mini Muffins & Graham Crackers Fruit Milk	28 <u>Entrée Choices</u> Sausage Bagel Chicken Biscuit Fruit Milk
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Fruit Choices may include: apples, oranges, pears, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

31 <u>Entrée Choices</u> Waffles Oatmeal Fruit Milk				
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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.