

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Empty menu box for Monday.

Empty menu box for Tuesday.

Empty menu box for Wednesday.

1

Entrée Choices
 Chicken & Waffles
 Pizza
 Pasta Bar

Vegetable Choices
 Baked Beans
 Roasted Broccoli

Fruit
Milk

2

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, craisins, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate



6

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

Vegetable Choices
 Glazed Carrots
 Side Salad

Fruit
Milk

7

Entrée Choices
 Spaghetti & Meatballs
 Crispy Chicken Sandwich
 Salad Bar

Vegetable Choices
 Sautéed Spinach
 Sweet Potato Fries

Fruit
Milk

8

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

Vegetable Choices
 Baked Beans
 Mixed Vegetables

Fruit
Milk

9

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, craisins, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

12

Entrée Choices
 Red Beans & Rice
 Crispy Chicken Sandwich
 Potato Bar

Vegetable Choices
 Collard Greens
 Glazed Carrots

Fruit
Milk

13

Entrée Choices
 Taco Tuesday
 Hamburgers/Cheeseburgers
 Potato Bar

Vegetable Choices
 Black Beans
 Steamed Corn

Fruit
Milk

14

Entrée Choices
 Breakfast for Lunch
 Pizza
 Potato Bar

Vegetable Choices
 Tater Tots
 Mixed Vegetables

Fruit
Milk

15

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

Vegetable Choices
 Roasted Sweet Potatoes
 Roasted Broccoli

Fruit
Milk

16

Entrée Choices
 Gumbo & Grilled Cheese
 Hot Dogs
 Potato Bar

Vegetable Choices
 Smiley Fries
 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

19

Entrée Choices
 White Beans & Rice
 Hot Dogs
 Salad Bar

Vegetable Choices
 Collard Greens
 Sweet Potato Fries

Fruit
Milk

20

Entrée Choices
 Salisbury Steak
 Crispy Chicken Sandwich
 Salad Bar

Vegetable Choices
 Mashed Potatoes
 Mixed Vegetables

Fruit
Milk

21

Entrée Choices
 Jambalaya
 Hamburgers/Cheeseburgers
 Salad Bar

Vegetable Choices
 Sautéed Spinach
 Corn on the Cob

Fruit
Milk

22

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

Vegetable Choices
 Baked Beans
 Glazed Carrots

Fruit
Milk

23

Entrée Choices
 Meatball Sandwich
 Pizza
 Salad Bar

Vegetable Choices
 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

26

Entrée Choices
 Red Beans & Rice
 Hamburgers/Cheeseburgers
 Pasta Bar

Vegetable Choices
 Collard Greens
 Sweet Potato Fries

Fruit
Milk

27

Entrée Choices
 Taco Tuesday
 Pizza
 Pasta Bar

Vegetable Choices
 Black Beans
 Steamed Corn

Fruit
Milk

28

Entrée Choices
 Breakfast for Lunch
 Hot Dogs
 Pasta Bar

Vegetable Choices
 Tater Tots
 Mixed Vegetables

Fruit
Milk

29

Entrée Choices
 Chicken & Waffles
 Pizza
 Pasta Bar

Vegetable Choices
 Baked Beans
 Roasted Broccoli

Fruit
Milk

30

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, 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.