

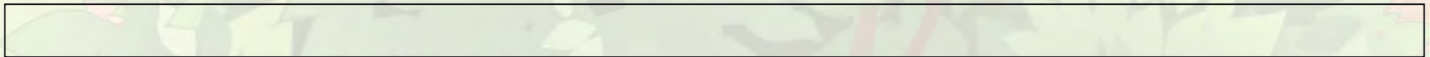
### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



**8**

**Breakfast:**  
Blueberry Overnight Oats  
**Lunch:**  
**Taco Tuesday:** Turkey Soft Taco SB & J or PB & J Sandwich (v)  
Chef Salad w/ WG Roll  
Side Veggie: Mixed Vegetables  
*Includes Fruits, Vegetables & Milk*

**9**

**Breakfast:**  
Breakfast Bowl w/ Toast  
**Lunch:**  
Hot Dog  
Ham & Cheese Sandwich  
Fruit & Yogurt Parfait (v)  
Side Veggie: Baked Beans  
*Includes Fruits, Vegetables & Milk*

**10**

**Breakfast:**  
Homemade Breakfast Burrito  
**Lunch:**  
Spaghetti Pasta  
w/ Plant-based Sauce (v)  
Chicken Caesar Salad w/ WG Roll  
Turkey & Cheese Sandwich  
Side Veggie: Roasted Broccoli & Carrots  
*Includes Fruits, Vegetables & Milk*

**11**

**Breakfast:**  
WG Cinnamon Roll  
**Lunch:**  
Chicken & Waffles  
Cheese Pizza (v)  
Crispy Chicken Wrap  
Side Veggie: Sweet Potato Fries  
*Includes Fruits, Vegetables & Milk*

(v) = meatless option

**14**

**Breakfast:**  
Pancake Sausage on a Stick  
**Lunch:**  
Lasagna Roll-Up w/ WG Roll (v)  
Turkey & Cheese Sandwich  
EZ Pizza Box  
Side Veggie: Roasted Broccoli & Carrots  
*Includes Fruits, Vegetables & Milk*

**15**

**Breakfast:**  
Cherry Frudel  
**Lunch:**  
Chicken Burger  
Chef Salad w/ WG Roll  
Fruit & Yo To-Go Box (v)  
Side Veggie: Baked Cinnamon Apples  
*Includes Fruits, Vegetables & Milk*

**16**

**Breakfast:**  
Egg & Cheese Breakfast Sandwich  
**Lunch:**  
Bean & Cheese Nachos (v)  
BBQ Chicken Sandwich  
Italian Sub  
Side Veggie: Mexican Black Bean  
*Includes Fruits, Vegetables & Milk*

**17**

**Breakfast:**  
Pancakes w/ Syrup  
**Lunch:**  
Baked Penne Pasta (v)  
Chicken Nuggets w/ WG Roll  
American Sandwich  
Side Veggie: Green Beans  
*Includes Fruits, Vegetables & Milk*

**18**

**Breakfast:**  
Freshly Baked Banana Muffin Top  
**Lunch:**  
Homemade Cheese Pizza (v)  
Fish Po Boy Sub w/ SW Slaw  
SB & J or PB & J Sandwich (v)  
Side Veggie: Mixed Vegetables  
*Includes Fruits, Vegetables & Milk*

**21**

**Breakfast:**  
Egg & Cheese Quesadilla  
**Lunch:**  
Cheesy Breadsticks w/ Marinara (v)  
Pork Rib-Q-Que Sandwich  
Ham & Cheese Sandwich  
Side Veggie: Mixed Vegetables  
*Includes Fruits, Vegetables & Milk*

**22**

**Breakfast:**  
Pancake Bites w/ Cinnamon Sugar  
**Lunch:**  
Mini Cheese Ravioli w/ WG Roll (v)  
Cheeseburger or Hamburger  
Veggie Burger (v)  
Side Veggie: Baked Beans  
*Includes Fruits, Vegetables & Milk*

**23**

**Breakfast:**  
Sausage & Cheese  
Breakfast Sandwich  
**Lunch:**  
Orange Chicken Rice Bowl  
SB & J or PB & J Sandwich (v)  
Chef Salad w/ WG Roll  
Side Veggie: Roasted Broccoli & Carrot  
*Includes Fruits, Vegetables & Milk*

**24**

**Breakfast:**  
Apple Frudel  
**Lunch:**  
Macaroni & Cheese (v)  
Chicken Burger  
Garden Salad w/WG Roll (v)  
Side Veggie: Aztec Corn  
*Includes Fruits, Vegetables & Milk*

**25**

**Breakfast:**  
French Toast  
**Lunch:**  
Homemade Pepperoni Pizza  
Cheese Pizza (v)  
Baked Corn Dog  
Turkey & Cheese Sandwich  
Side Veggie: Tater Tot Hash  
*Includes Fruits, Vegetables & Milk*

**28**

**Breakfast:**  
Waffles w/ Fruit Compote  
**Lunch:**  
Meatball Marinara Sub  
Chicken Nuggets w/ WG Roll  
Hummus Snack Pack (v)  
Side Veggie: Mixed Vegetables  
*Includes Fruits, Vegetables & Milk*

**29**

**Breakfast:**  
Turkey Sausage Breakfast Pizza  
**Lunch:**  
**Taco Tuesday:** Turkey Soft Taco  
Italian Sub  
Fruit & Yogurt Parfait (v)  
Side Veggie: Hash Brown Potato  
*Includes Fruits, Vegetables & Milk*

**30**

**Breakfast:**  
Breakfast Bowl w/ Toast  
**Lunch:**  
Hot Dog  
Turkey Taco Salad w/ Tortilla Chips  
SB & J or PB & J Sandwich (v)  
Side Veggie: Roasted Broccoli & Carrots  
*Includes Fruits, Vegetables & Milk*

**Breakfast:**  
BYO Oatmeal Bowl  
**Lunch:**  
Cheese Breadsticks w/ Marinara (v)  
Turkey Taco Nachos  
Crispy Chicken Wrap  
Side Veggie: Aztec Corn & Black Beans  
*Includes Fruits, Vegetables & Milk*



## 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.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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### 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.

Menu is subject to change

Nutrition Information is available upon request.

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