

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

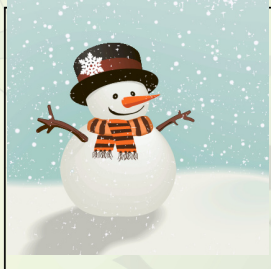
FRIDAY



Breakfast Price FREE
Lunch Price FREE
 until June 30, 2021
 Daily alternate meals include:
 Fun on the Run (warm pretzel,
 yogurt, cheese stick, fruit)
 or Cheese Sandwich
 #Denotes Pork Item



Popcorn Chicken Salad w/ WG Roll or Crispy Chicken Wrap



MEAL REQUIREMENTS
 Must select at least 3 of
 the 5 offered components:
 Meat/Meat Alternative;
 Grain; Veggie; Fruit; Milk
**ONE SELECTION MUST BE A
 1/2 CUP OF FRUIT OR VEGGIE!**

6
Lunch
 Chicken Tenders w/
 Goldfish Crackers
 Steamed Green Beans
 Assorted Fruit
 Choice of Milk

7
Lunch
 Nachos Beef and Cheese
 Steamed Corn
 Assorted Fruit
 Choice of Milk

8
Lunch
 Big Daddy Cheese Pizza
 Steamed Carrots
 Assorted Fruit
 Choice of Milk

Chef Salad w/ WG Roll or Turkey and Cheese Wrap

11
Lunch
 Baked Chicken Nuggets w/ Roll
 Steamed Mixed Vegetables
 Assorted Fruit
 Choice of Milk

12
Lunch
 Chicken Drumstick w/
 Mashed Potatoes
 Steamed Corn
 Assorted Fruit
 Choice of Milk

13
Lunch
 Walking Taco
 Seasoned Black Beans
 Assorted Fruit
 Choice of Milk

14
Lunch
 Mini Pancakes w/
 Yogurt and String Cheese
 Baked Potato Triangle
 Assorted Fruit
 Choice of Milk

15
Lunch
 Beef Hot Dog on a Bun
 Fresh Vegetables w/ Ranch Dip
 Assorted Fruit
 Choice of Milk

Popcorn Chicken Salad w/ WG Roll or Crispy Chicken Wrap



19
Lunch
 Bosco Cheesy Breadsticks w/
 Marinara Sauce
 Steamed Corn
 Assorted Fruit
 Choice of Milk

20
Lunch
 Mini Chicken Corn Dogs
 Baked French Fries
 Assorted Fruit
 Choice of Milk

21
Lunch
 Popcorn Chicken w/ Roll
 Steamed Green Beans
 Assorted Fruit
 Choice of Milk

22
Lunch
 Big Daddy Cheese Pizza
 Steamed Broccoli
 Assorted Fruit
 Choice of Milk

Chef Salad w/ WG Roll or Turkey and Cheese Wrap

25
Lunch
 French Toast Sticks w/
 Turkey Sausage
 Potato Smiles
 Assorted Fruit
 Choice of Milk

26
Lunch
 Mini Chicken Corn Dogs
 Baked Beans
 Assorted Fruit
 Choice of Milk

27
Lunch
 Chicken Patty on Bun
 Steamed Green Beans
 Assorted Fruit
 Choice of Milk

28
Lunch
 Chicken Nuggets and
 Waffle Stacker
 Sweet Potato Fries
 Grape Juice
 Choice of Milk

29
Lunch
 Big Daddy Cheese Pizza
 Steamed Mixed Vegetables
 Assorted Fruit
 Choice of Milk

Popcorn Chicken Salad w/ WG Roll or Crispy Chicken Wrap

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.

lifftoffsplayground.com

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

BAKED BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.
2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

NUTRITION FACTS:
277 calories, 11g fat,
263mg sodium, 3g fiber



Happy New Year!

We hope your time off was relaxing and fun!

Nutrition Information is available upon request.

