

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Daily Specials:
Buffalo Chicken Burger
Thai Chili Chicken Pizza
Hickory Ham Sub
Thai Chili Chicken Wrap & Salad

4

Daily Specials:
Sloppy Joe
Korean BBQ Pizza
Buffalo Chicken Sub
Korean BBQ Sub & Salad

5

Daily Specials:
Chicken Parmesan Burger
Turkey Bahn Mi Pizza
American Hero Sub
Turkey Banh Mi Wrap & Salad

6

Daily Specials:
Grilled Cheese Sandwich
Teriyaki Chicken Pizza
Crispy Chicken Wrap
Teriyaki Chicken Sub & Salad

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No School

World of Flavor: Oct 3-28th Asia

Adventure Line: Rockin Ramen - A hearty soup bowl concept, perfect for cold weather months but tasty all year 'round.

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Daily Specials:
Chicken Corden Bleu
Thai Chili Chicken Pizza
Hickory Ham Sub
Thai Chili Chicken Wrap & Salad

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Daily Specials:
Mushroom Swiss Burger
Korean BBQ Pizza
Buffalo Chicken Sub
Korean BBQ Sub & Salad

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Daily Specials:
Buffalo Chicken Burger
Turkey Bahn Mi Pizza
American Hero Sub
Turkey Banh Mi Sub & Salad

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Daily Specials:
Bacon Cheeseburger
Teriyaki Chicken Pizza
Crispy Chicken Wrap
Teriyaki Chicken Sub & Salad

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Friday Favorites:
Chicken Quesadilla
Buffalo Chicken Burger
Taco Pizza
Fiesta Salad

Adventure Line: Fiesta - Everyday is a party with the ability to build your own tacos, burritos, and nachos.

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Daily Specials:
Chicken Parmesan Sandwich
Thai Chili Chicken Pizza
Hickory Ham Sub
Thai Chili Chicken Wrap & Salad

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Daily Specials:
Bacon Cheeseburger
Korean BBQ Pizza
Buffalo Chicken Sub
Korean BBQ Sub & Salad

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Daily Specials:
Bacon Swiss Chicken Burger
Turkey Bahn Mi Pizza
American Hero Sub
Turkey Banh Mi Sub & Salad

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Daily Specials:
Grilled Cheese Sandwich
Teriyaki Chicken Pizza
Crispy Chicken Wrap
Teriyaki Chicken Sub & Salad

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Friday Favorites:
Spaghetti with Meat Sauce
BBQ Rib Burger
Buffalo Chicken Pizza
Korean BBQ Sub

Adventure Line: Beale St - Whether it's Nachos, Totchos, or a good old Sandwich Style, this tasty BBQ experience is sure to be a crowd pleaser.

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Daily Specials:
Buffalo Chicken Burger
Thai Chili Chicken Pizza
Hickory Ham Sub
Thai Chili Chicken Wrap & Salad

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Daily Specials:
Sloppy Joe
Korean BBQ Pizza
Buffalo Chicken Sub
Korean BBQ Sub & Salad

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Daily Specials:
Chicken Parmesan Burger
Turkey Bahn Mi Pizza
American Hero Sub
Turkey Banh Mi Sub & Salad

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Daily Specials:
Grilled Cheese Sandwich
Teriyaki Chicken Pizza
Crispy Chicken Wrap
Teriyaki Chicken Sub & Salad

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Friday Favorites:
Chicken Nuggets & Dinner Roll
Corn Dog
Margherita Pizza
Teriyaki Chicken Salad

Adventure Line: Strutters - Chicken takes the Center Stage for a week featuring some of their all-time favorite entrees.

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WOF: Mediterranean
Adventure: Overslept
Daily Specials:
Buffalo Chicken Burger
Bruschetta Chicken Pizza
Hickory Ham Sub
Bruschetta Chicken Sub & Salad

Pizza Available Daily:
Cheese Pizza &
Mozzarella Stuffed Breadsticks
MWF : Pepperoni Pizza
T: Sausage Pizza
Th: Hawaiian Pizza

Grill Available Daily
Hamburger, Cheeseburger
Crispy Chicken Sandwich
Spicy Crispy Chicken Sandwich
&
Veggie Burger

Fast Takes Available Daily:
Assorted Fresh Made Subs & Wraps
Assorted Fresh Made Salads
Assorted Fruit & Yogurt Parfaits



Have a
HAPPY
Halloween

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

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.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Special Mini French Toast Sticks	Daily Special Hashbrown Breakfast Casserole	Daily Special Crispy Chicken Biscuit	Daily Special Sausage Biscuit	No School
Daily Special Fluffy Pancakes	Daily Special Breakfast Pizza	Daily Special: Cheesy Omelet & Baked Biscuit	Daily Special: Mini Cinnamon Buns	Daily Special: Sausage Biscuit
Daily Special: French Toast Sticks	Daily Special: Scrambled Eggs with Toast	Daily Special: Crispy Chicken Biscuit	Daily Special: Breakfast on a Stick	Daily Special: Sausage Biscuit
Daily Special: Mini Cinnamon Buns	Daily Special: Mini French Toast Sticks	Daily Special: Donut Sandwich	Daily Special: Sausage Biscuit	Daily Special: Breakfast Sandwich
Daily Special: Warm Waffles	Available Daily: Assorted Muffins & Bagels Assorted Hot Breakfast Sandwiches Cinnamon Rolls	Available Daily: Assorted Yogurt Cups, Graham Crackers, Toaster Pastries and Cereal Packs Variety of Milk & Fresh Fruit Choice		

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil. Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

freshpick
for better health
by sodexo



Nutrition Information is available upon request.



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