



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**3**

**4**  
 ENTREE SELECTIONS:  
 Nachos Supreme  
 American Sub  
 SIDES:  
 Refried Beans & Baby Carrots  
 Fresh Fruit & Milk Choice

**5**  
 ENTREE SELECTIONS:  
 Popcorn Chicken & Dinner Roll  
 Turkey & Cheese Sandwich  
 SIDES:  
 Black Eyed Peas & Fresh Broccoli Florets  
 Fresh Fruit & Milk Choice

**6**  
 ENTREE SELECTIONS:  
 Spaghetti & Meatballs  
 American Sub  
 SIDES:  
 Steamed Green Beans & Celery Sticks  
 Fresh Fruit & Milk Choice

\*Menu is subject to change based on availability. Secondary Students offered: Fresh Made Hand Helds & Fresh Baked Pizza. A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and

**9**  
 ENTREE SELECTIONS:  
 Cheesy Ravioli's & Dinner Roll American Sub  
 SIDES:  
 Steamed Broccoli & Baby Carrots  
 Fresh Fruit & Milk Choice

**10**  
 ENTREE SELECTIONS:  
 Beefy Enchilada Dip  
 Hickory Ham & Cheese Sandwich  
 SIDES:  
 Steamed Corn & Celery Sticks  
 Fresh Fruit & Milk Choice

**11**  
 ENTREE SELECTIONS:  
 Breakfast For Lunch  
 Pancakes & Sausage Patty  
 American Hero Sub  
 SIDES:  
 Smiley Fries & Baby Carrots  
 Fresh Fruit & Milk Choice

**12**  
 ENTREE SELECTIONS:  
 Beefy Mac  
 Zesty Italian Wrap  
 SIDES:  
 Steamed Green Beans & Fresh Broccoli Florets  
 Fresh Fruit & Milk Choice

**13**  
 ENTREE SELECTIONS:  
 BBQ Rib Sandwich  
 All American Sub  
 SIDES:  
 Baked Beans & Celery Sticks  
 Fresh Fruit & Milk Choice

Secondary Students offered: Fresh Made Hand Helds & Fresh Baked Pizza. A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain Milk



**17**  
 ENTREE SELECTIONS:  
 Grilled Chicken Fajitas  
 Hickory Ham & Cheese Sandwich  
 SIDES:  
 Steamed Corn & Celery Sticks  
 Fresh Fruit & Milk Choice

**18**  
 ENTREE SELECTIONS:  
 Cheesy Stuffed Breadsticks  
 Zesty Italian Wrap  
 SIDES:  
 Black Eyed Peas & Baby Carrots  
 Fresh Fruit & Milk Choice

**19**  
 ENTREE SELECTIONS:  
 Nachos Supreme  
 All American Sub  
 SIDES:  
 Refried Beans & Fresh Broccoli Florets  
 Fresh Fruit & Milk Choice

**20**  
 ENTREE SELECTIONS:  
 Sweet & Sour Chicken Bowl  
 Hickory Ham & Cheese Wrap  
 SIDES:  
 Steamed Broccoli & Celery Sticks  
 Fresh Fruit & Milk Choice

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**23**  
 ENTREE SELECTIONS:  
 Mac & Cheese  
 American Sub  
 SIDES:  
 Roasted Broccoli & Baby Carrots  
 Fresh Fruit & Milk Choice

**24**  
 ENTREE SELECTIONS:  
 Chili Frito Pie  
 Hickory Ham & Cheese Sub  
 SIDES:  
 Steamed Corn & Celery Sticks  
 Fresh Fruit & Milk Choice

**25**  
 ENTREE SELECTIONS:  
 Chicken & Waffles  
 Oven Roasted Turkey Sub  
 SIDES:  
 Tater Tots & Baby Carrots  
 Fresh Fruit & Milk Choice

**26**  
 ENTREE SELECTIONS:  
 Soft Tacos  
 American Hero Sub  
 SIDES:  
 Refried Beans & Fresh Broccoli Florets  
 Fresh Fruit & Milk Choice

**27**  
 ENTREE SELECTIONS:  
 Orange Chicken Bowl  
 Oven Roasted Turkey & Cheese Sub  
 SIDES:  
 Sesame Carrots & Celery Sticks  
 Fresh Fruit & Milk Choice

Secondary Students offered: Fresh Made Hand Helds & Fresh Baked Pizza. A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain Milk

**30**  
 ENTREE SELECTIONS:  
 Cheesy Stuffed Breadsticks  
 Italian Wrap  
 SIDES:  
 Sweet Potato Fries & Baby Carrots  
 Fresh Fruit & Milk Choice

**31**  
 ENTREE SELECTIONS:  
 Meatball Sub  
 Hickory Ham & Cheese Sandwich  
 SIDES:  
 Steamed Broccoli & Celery Sticks  
 Fresh Fruit & Milk Choice

Secondary Students offered: Fresh Made Hand Helds & Fresh Baked Pizza. A variety of fruit and vegetable choices available daily. Milk Choices: Fat-Free Flavored and 1% Plain 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.



Download our app for more information about our school lunches.

### BREAKFAST MENU

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
|   |   | ENTREE CHOICES<br>Donut Sandwich<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry                 | ENTREE CHOICES<br>Sausage Biscuit<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry       | ENTREE CHOICES<br>Breakfast on a Stick<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry    |
| ENTREE CHOICES<br>Warm Waffles<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry        | ENTREE CHOICES:<br>Cheesy Omelet w/ Baked Biscuit<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry | ENTREE CHOICES:<br>Sausage Biscuit<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry               | ENTREE CHOICES:<br>Breakfast on a Stick<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry | ENTREE CHOICES:<br>Crispy Chicken Biscuit<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry |
| MLK Day!<br>No School   | ENTREE CHOICES:<br>Crispy Chicken Biscuit<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry         | ENTREE CHOICES:<br>Warm Cinnamon Buns<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry            | ENTREE CHOICES:<br>Sausage Biscuit<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry      | ENTREE CHOICES:<br>French Toast Sticks<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry    |
| ENTREE CHOICES<br>Fluffy Pancakes<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry     | ENTREE CHOICES<br>Breakfast Pizza<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry                 | ENTREE CHOICES<br>Baked Biscuit w/ Cheesy Omelet<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry | ENTREE CHOICES<br>Warm Cinnamon Buns<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry    | ENTREE CHOICES<br>Sausage Biscuit<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry         |
| ENTREE CHOICES<br>French Toast Sticks<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry | ENTREE CHOICES<br>Scrambled Eggs & Toast<br>Assorted Cereal & Graham Crackers<br>Assorted Toaster Pastry          |  |   |   |

### Fresh Pick Recipe

#### ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¼ c Onion(medium dice)
- ¼ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.

Menu is subject to change based on availability

freshpick  
for better health



Nutrition Information is available upon request.