

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**3**  
**ENTREE SELECTIONS:**  
 Crispy Chicken & Waffles  
 Hot Dog  
 American Sub  
 Classic Chef Salad  
**SIDES:**  
 Baked Beans  
 Baby Carrots  
 Fresh Fruit & Milk Choice

**4**  
**ENTREE SELECTIONS:**  
 Chili Frito Pie  
 Grilled Cheese Sandwich  
 Crispy Chicken Salad  
 Hickory Ham & Cheese Sub  
**SIDES:**  
 Yellow Garden Corn  
 Garden Side Salad  
 Fresh Fruit & Garden Bar  
 MILK CHOICE

**5**  
**ENTREE SELECTIONS:**  
 Savory Cheeseburger on a Bun  
 Mac & Cheese  
 Oven Roasted Turkey Sub  
 Classic Chef Salad  
**SIDES:**  
 Steamed Broccoli  
 Baby Carrots  
 Fresh Fruit & Milk Choice

**6**  
**ENTREE SELECTIONS:**  
 Spaghetti & Housemade Meat Sauce  
 Breaded Chicken Sandwich  
 American Hero Sub  
 Italian Salad  
**SIDES:**  
 Tater Tots  
 Garden Side Salad  
 Fresh Fruit & Milk Choice

**7**  
 No School

\*Menu 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

**10**  
**ENTREE SELECTIONS:**  
 Crispy Popcorn Chicken & Dinner Roll  
 Grilled Cheese Sandwich  
 Italian Wrap  
 Classic Chef Salad  
**SIDES:**  
 Sweet Potato Fries  
 Garden Side Salad  
 Fresh Fruit & Milk Choice

**11**  
**ENTREE SELECTIONS:**  
 Nachos Supreme  
 Chicken Quesadilla  
 Hickory Ham & Cheese Sandwich  
 Crispy Chicken Salad  
**SIDES:**  
 Cheesy Refried Beans  
 Baby Carrots  
 Fresh Fruit & Milk Choice

**12**  
**ENTREE SELECTIONS:**  
 Juicy Hamburger on a Bun  
 Teriyaki Chicken over Rice  
 Classic Chef Salad  
 American Sub  
**SIDES:**  
 Sautéed Broccoli  
 Garden Side Salad  
 Fresh Fruit & Milk Choice

**13**  
**ENTREE SELECTIONS:**  
 Mozzarella Stuffed Breadsticks w/  
 Marinara  
 Chicken Cordon Bleu Sandwich  
 Zesty Italian Salad  
 Turkey & Cheese Sandwich  
**SIDES:**  
 Crispy French Fries  
 Baby Carrots  
 Fresh Fruit & Milk Choice

**14**  
**ENTREE SELECTIONS:**  
 Fresh Baked Pizza  
 Parmesan Chicken Sandwich  
 American Sub  
 Classic Chef Salad  
**SIDES:**  
 Country Green Beans  
 Garden Side Salad  
 Fresh Fruit & Milk Choice

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**17**  
**ENTREE SELECTIONS:**  
 Breakfast for Lunch  
 Blueberry Pancake Bites & Sausage  
 Breakfast Burger  
 American Sub  
 Classic Chef Salad  
**SIDES:**  
 Smiley Fries  
 Garden Side Salad  
 Fresh Fruit & Milk Choice

**18**  
**ENTREE SELECTIONS:**  
 Beefy Tot'chos  
 Chicken Quesadilla  
 Hickory Ham & Cheese Sandwich  
 Italian Salad  
**SIDES:**  
 Refried Beans  
 Baby Carrots  
 Fresh Fruit & Milk Choice

**19**  
**ENTREE SELECTIONS:**  
 Crispy Chicken Nuggets  
 Corn Dog  
 American Hero Sub  
 Classic Chef Salad  
**SIDES:**  
 Sweet Potato Fries  
 Garden Side Salad  
 Fresh Fruit & Milk Choice

**20**  
**ENTREE SELECTIONS:**  
 Grilled Cheese Sandwich  
 Beefy Macaroni  
 Crispy Chicken Salad  
 Zesty Italian Wrap  
**SIDES:**  
 Country Style Green Beans  
 Baby Carrots  
 Fresh Fruit & Milk Choice

**21**  
**ENTREE SELECTIONS:**  
 Fresh Baked Pizza  
 Chicken Alfredo Pasta  
 All American Sub  
 Classic Chef Salad  
**SIDES:**  
 Roasted Broccoli  
 Garden Side Salad  
 Fresh Fruit & Milk Choice

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**24**  
**ENTREE SELECTIONS:**  
 Grilled Chicken Fajitas  
 County Fair Corn Dog  
 Classic Chef Salad  
 All American Sub  
**SIDES:**  
 Yellow Garden Corn  
 Baby Carrots  
 Fresh Fruit & Milk Choice

**25**  
**ENTREE SELECTIONS:**  
 Baked Penne Pasta  
 Deluxe Grilled Cheese Sandwich  
 Crispy Chicken Salad  
 Hickory Ham & Cheese Sandwich  
**SIDES:**  
 Country Green Beans  
 Garden Side Salad  
 Fresh Fruit & Milk Choice

**26**  
**ENTREE SELECTIONS:**  
 Crispy Popcorn Chicken Bowl  
 Bacon Cheeseburger  
 Zesty Italian Wrap  
 Crispy Chicken Salad  
**SIDES:**  
 Whipped Potatoes  
 Yellow Garden Corn  
 Fresh Fruit & Milk Choice

**27**  
**ENTREE SELECTIONS:**  
 BBQ Pork Sandwich  
 Chicken Cordon Bleu Sandwich  
 All American Sub  
 Italian Salad  
**SIDES:**  
 Baked Beans  
 Baby Carrots  
 Fresh Fruit & Milk Choice

**28**  
**ENTREE SELECTIONS:**  
 Fresh Baked Pizza  
 Sweet & Sour Chicken Bowl  
 Hickory Ham & Cheese Wrap  
 Classic Chef Salad  
**SIDES:**  
 Steamed Broccoli  
 Tater Tots  
 Fresh Fruit & Milk Choice

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**31**  
**ENTREE SELECTIONS:**  
 Crispy Chicken & Waffles  
 Hot Dog  
 American Sub  
 Classic Chef Salad  
**SIDES:**  
 Baked Beans  
 Baby Carrots  
 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: Mini French Toast Sticks Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Hashbrown Casserole Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Crispy Chicken Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Sausage Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry	No School
ENTREE CHOICES: Fluffy Pancakes Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Breakfast Pizza Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Cheesy Omelet & Baked Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Mini Cinnamon Buns Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Sausage Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry
ENTREE CHOICES: French Toast Sticks Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Scrambled Eggs & Toast Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Crispy Chicken Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Breakfast on a Stick Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Sausage Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry
ENTREE CHOICES: Warm Cinnamon Buns Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Mini French Toast Sticks Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Donut Sandwich Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Sausage Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Breakfast Sandwich Assorted Cereal & Graham Crackers Assorted Toaster Pastry
ENTREE CHOICES: Warm Pancakes Assorted Cereal & Graham Crackers Assorted Toaster Pastry				

### 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.

Menu Subject to change based on availability.

Nutrition Information is available upon request.