

## MONDAY



## TUESDAY



## WEDNESDAY



## THURSDAY

## FRIDAY

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

**5**

No School  
Happy Labor Day!

**6**

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

**7**

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

**8**

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

**9**

ENTREE SELECTIONS:  
Fresh Baked Pizza  
Orange Chicken over Rice  
Classic Chef Salad  
Oven Roasted Turkey Sandwich  
SIDES:  
Roasted Sesame Carrots  
Fresh Celery Sticks  
Fresh Fruit & Milk Choice

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**12**

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

**13**

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

**14**

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

**15**

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

**16**

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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**19**

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

**20**

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

**21**

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

**22**

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

**23**

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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**26**

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

**27**

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

**28**

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

**29**

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

**30**

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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## 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
Available Daily: Assorted Cereals, Graham Crackers, Muffins and Toaster Pastries	Available Daily: Assorted Yogurts Fresh Hot Breakfast Sandwiches		ENTREE CHOICES: Mini French Toast Sticks	ENTREE CHOICES: Breakfast Biscuit Sandwich
No School Happy Labor Day!	ENTREE CHOICES: Breakfast Pizza	ENTREE CHOICES: Cheesy Omelet & Baked Biscuit	ENTREE CHOICES: Mini Cinnamon Buns	ENTREE CHOICES: Sausage Biscuit
ENTREE CHOICES: French Toast Sticks	ENTREE CHOICES: Scrambled Eggs & Toast	ENTREE CHOICES: Crispy Chicken Biscuit	ENTREE CHOICES: Breakfast on a Stick	ENTREE CHOICES: Sausage Biscuit
ENTREE CHOICES: Warm Cinnamon Buns	ENTREE CHOICES: Mini French Toast Sticks	ENTREE CHOICES: Donut Sandwich	ENTREE CHOICES: Sausage Biscuit	ENTREE CHOICES: Breakfast Sandwich
ENTREE CHOICES: Blueberry Pancakes	ENTREE CHOICES: Omelet with Baked Bis- cuit	ENTREE CHOICES: Sausage Biscuit	ENTREE CHOICES: Breakfast on a Stick	ENTREE CHOICES: Crispy Chicken Biscuit

### Fresh Pick Recipe

#### CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/  
large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.

Nutrition Information is available upon request.