



K-12 Menu

JAN

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

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

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

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

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



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

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

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

ENTREE SELECTIONS:
Sweet & Sour Chicken Bowl
Hickory Ham & Cheese Wrap
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

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

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

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

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

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

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

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 Donut Sandwich Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES Sausage Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES Breakfast on a Stick Assorted Cereal & Graham Crackers Assorted Toaster Pastry
ENTREE CHOICES Warm Waffles Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Cheesy Omelet w/ Baked Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Sausage Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Breakfast on a Stick Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Crispy Chicken Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry
MLK Day! No School	ENTREE CHOICES: Crispy Chicken Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Warm 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 Fluffy Pancakes Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES Breakfast Pizza Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES Baked Biscuit w/ Cheesy Omelet Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES Warm 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			

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¾ c Onion(medium dice)
- ¾ 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.