

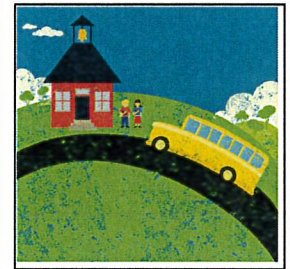
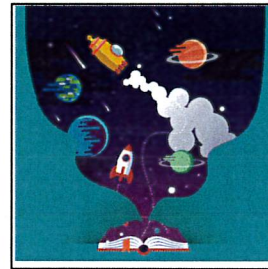
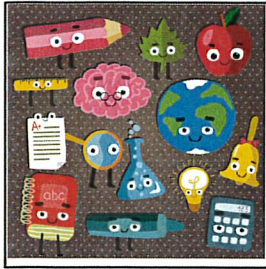
MONDAY

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

8

Welcome Back to School!

9

10

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

11

ENTREE SELECTIONS:
Spaghetti & Housemade Meat Sauce
Breaded Chicken Sandwich
American Hero Sub
Italian Salad

SIDES:
Tater Tots
Garden Side Salad
Fresh Fruit & Milk Choice

12

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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15

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

16

ENTREE SELECTIONS:
Nachos Supreme
Chicken Quesadilla
Hickory Ham & Cheese Sandwich
Crispy Chicken Salad

SIDES:
Cheesy Refried Beans
Baby Carrots
Fresh Fruit & Milk Choice

17

ENTREE SELECTIONS:
Juicy Hamburger on a Bun
Teriyaki Chicken over Rice
Classic Chef Salad
American Sub

SIDES:
Sauteed Broccoli
Garden Side Salad
Fresh Fruit & Milk Choice

18

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

19

ENTREE SELECTIONS:
Fresh Baked Pizza
Parmesan Chicken Sandwich
American Sub
Classic Chef Salad

SIDES:
Country Green Beans
Garden Side Salad
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

22

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

23

ENTREE SELECTIONS:
Beefy Tot'chos
Chicken Quesadilla
Hickory Ham & Cheese Sandwich
Italian Salad

SIDES:
Refried Beans
Baby Carrots
Fresh Fruit & Milk Choice

24

ENTREE SELECTIONS:
Crispy Chicken Nuggets
Corn Dog
American Hero Sub
Classic Chef Salad

SIDES:
Sweet Potato Fries
Garden Side Salad
Fresh Fruit & Milk Choice

25

ENTREE SELECTIONS:
Grilled Cheese Sandwich
Beefy Macaroni
Crispy Chicken Salad
Zesty Italian Wrap

SIDES:
Country Style Green Beans
Baby Carrots
Fresh Fruit & Milk Choice

26

ENTREE SELECTIONS:
Fresh Baked Pizza
Chicken Alfredo Pasta
All American Sub
Classic Chef Salad

SIDES:
Roasted Broccoli
Garden Side Salad
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

29

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

30

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

31

ENTREE SELECTIONS:
Crispy Popcorn Chicken Bowl
Bacon Cheeseburger
Zesty Italian Wrap
Crispy Chicken Salad

SIDES:
Whipped Potatoes
Yellow Garden Corn
Fresh Fruit & Milk Choice

31

ENTREE SELECTIONS:
BBQ Pork Sandwich
Chicken Cordon Bleu Sandwich
All American Sub
Italian Salad

SIDES:
Baked Beans
Baby Carrots
Fresh Fruit & Milk Choice

31

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

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: Sausage Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE	ENTREE CHOICES: Breakfast on a Stick Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE	ENTREE CHOICES: French Toast Sticks Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE
ENTREE CHOICES: Sausage Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE	ENTREE CHOICES: Mini French Toast Sticks Assorted Cereal & Gra- ham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Donut Sandwich Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE	ENTREE CHOICES: Mini Cinnamon Buns Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE	ENTREE CHOICES: Breakfast Sandwich Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE
ENTREE CHOICES: Sausage Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE	ENTREE CHOICES: Cheesy Omelet & Baked Biscuit Assorted Cereal & Gra- ham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Blueberry Mini Pancakes Assorted Cereal & Graham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Breakfast on a Stick Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE	ENTREE CHOICES: Crispy Chicken Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE
ENTREE CHOICES: Sausage Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE	ENTREE CHOICES: Hashbrown Casserole Assorted Cereal & Gra- ham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Crispy Chicken Biscuit Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE	ENTREE CHOICES: Mini French Toast Sticks Assorted Cereal & Gra- ham Crackers Assorted Toaster Pastry	ENTREE CHOICES: Breakfast Biscuit Sandwich Assorted Cereal & Graham Crackers Assorted Toaster Pastry FRUIT CHOICE

Fresh Pick Recipe

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.

Nutrition Information is available upon request.