



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

Fiesta Rice Bowl  
Cheese (V) Pizza  
Turkey Sub  
-----  
charro beans, Mini Side Salad, Mixed Fruit & Juice

Beef Totchos  
Pepperoni Pizza  
chef salad  
-----  
refried beans, Baby Carrots, Diced Pears & Apple Juice

Bean & Cheese Burrito (V)  
Cheeseburger  
Turkey Sub  
-----  
corn, Mini Side Salad, Diced Peaches & Fresh Banana

Macaroni & Cheese (V)  
Pepperoni Pizza  
crispy chicken salad  
-----  
Fresh Broccoli, green beans, Oranges & Grape Juice

5

7

8

9

10

11

chicken or bean nachos  
Hamburger  
Buffalo Chicken Sub  
-----  
corn, Celery Sticks, Diced Pears & Grape Juice

Crispy Chicken Sandwich  
Cheese (V) Pizza  
Chef Salad  
-----  
Peas & carrots, Mini Side Salad, Blueberries & Apple Juice

Popcorn Chicken  
Pepperoni Pizza  
all american sub  
-----  
Diced Carrots, Mini Side Salad, Mixed Fruit & Fresh Apples

Grilled Cheese Sandwich (V)  
Crispy Chicken Sandwich  
chicken caesar salad  
-----  
Tomato soup, Mini Side Salad, Diced Peaches & Banana

Alfredo Mac (V)  
Pepperoni Pizza  
turkey Sub  
-----  
Fresh Broccoli, mixed veggies, Mixed Fruit & Oranges

Variety of fat free and low fat milk are offered daily.

14

15

16

17

18

Chicken Tenders & roll  
Pepperoni Pizza  
Turkey Sub  
-----  
mashed potatoes & gravy, Celery Sticks, Mixed Fruit & Applesauce

Pizza Burger  
Cheese Pizza  
Crispy Chicken Salad  
-----  
Peas, Mini Side Salad & Fresh Apples

Teriyaki Chicken Bowl  
Hamburger  
ham Sub  
-----  
Diced Carrots, Mini Side Salad, Oranges & Mixed Fruit

Popcorn Chicken  
Cheeseburger  
chef salad  
-----  
fries, Broccoli, Cucumbers, Diced Peaches & Bananas

Turkey Greek Salad  
crispy chicken  
Pepperoni Pizza  
-----  
Baby Carrots, Peas, Diced Pears & Juice

19

21

22

23

24



NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

(V) Denotes a vegetarian friendly item.

28

29

30

31

31

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

## 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
Assorted Cereal, Juice and Variety of Milk offered daily!	December 1 Bacon Scramble Breakfast Pizza Baked Cinnamon Apples & Raisins	December 2 French Toast Sticks Fresh Banana & Orange Smiles	December 3 Fresh Biscuit Diced Peaches	December 4 Toasted Waffles Applesauce
December 7 Oatmeal Round Raisins & applesauce	December 8 Pancakes Mixed Fruit	December 9 Biscuit & Sausage Gravy Fresh Banana & Orange Smiles	December 10 Breakfast Burrito Diced Pears	December 11 Breakfast Pizza Fresh Apples & Orange Smiles
December 14 Sausage Biscuit Applesauce	December 15 Maple Sausage Roll Diced Peaches	December 16 French Toast Sticks Fresh Apple & Orange Smiles	December 17 Honey Chicken Biscuit Fresh Banana & Orange Smiles	December 18 Filled Cinnamon Toast Crunch Bar Mixed Fruit & Raisins
December 21 NO SCHOOL	December 22 NO SCHOOL	December 23 NO SCHOOL	December 24 NO SCHOOL	December 25 NO SCHOOL
December 28 NO SCHOOL	December 29 NO SCHOOL	December 30 NO SCHOOL	December 31 NO SCHOOL	

### Fresh Pick Recipe

#### GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

**NUTRITION FACTS:**  
57 calories, 1g fat,  
55mg sodium, 3g fiber



**PLEASE PRACTICE SOCIAL DISTANCING**

#### What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

Nutrition Information is available upon request.

