

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

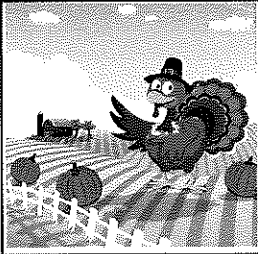
**FRIDAY**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Pancakes with Sausage Chicken Patty on Bun Golden Corn Assorted Fruit	Pretzel Melt Soft Shell Taco Baked French Fries Assorted Fruit	General Tso's Chicken over Rice Cheese Dog Homestyle Baked Beans Assorted Fruit	School Closed	School Closed

PBJ and Meat and Cheese Available Daily

<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Egg Potato Sausage Casserole Cheese Burger on Bun Steamed Carrots Assorted Fruit	Cheese Queso Popcorn Chicken/Roll Smiley Fries Assorted Fruit	Nacho's/ Cheese Turkey Bacon Club Steamed Broccoli Assorted Fruit	BBQ Pork Sandwich Italian Chicken Sandwich Mixed Vegetables Assorted Fruit	Cheesy Pizza Tuna Fish on Roll Tossed Salad Assorted Fruit

<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
French Toast Sticks/Sausage Pretzel Melt Steamed Peas Assorted Fruit	Chicken Nuggets/Roll Stuffed Potato Skins Golden Corn Assorted Fruit	Cheesy Garlic Flatbread Chicken Patty on Bun Macaroni Salad Assorted Fruit	Hot Turkey Sandwich Cheese Burger on Bun Mashed Potatoes Assorted Fruit Cookie with Lunch	Cheesy Pizza Ham and Cheese Sub Fresh Carrots Assorted Fruit

<b>22</b>	<b>23</b>	<b>24</b>	<b>THANKSGIVING</b>	
Egg Patty with Sausage Chicken Patty Garlic Green Beans Assorted Fruit	Chicken Tenders/Roll Spaghetti with Meat Sauce Golden Corn Assorted Fruit	Cheesy Pizza Fish Sticks/Chips Sweet Potato Fries Assorted Fruit		

<b>29</b>	<b>30</b>			
Pancakes with Sausage Cheese Steak Sandwich Broccoli Assorted Fruit	Chicken/Cheese Taquito Cheese Ravioli/Roll Mixed Vegetables Assorted Fruit			

Menu Subject To Change

## 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.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[liftoffsplayground.com](http://liftoffsplayground.com)

## BREAKFAST

Breakfast

**MONDAY:** Pop Tarts, Cereal Bar, Muffins, Yogurt

**TUESDAY:** Pop Tarts, Cereal Bars, Muffins, Yogurt

**WEDNESDAY:** Pop Tarts, Cereal Bars, Muffins, Yogurt

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**FRIDAY:** Pop Tarts, Cereal Bars, Muffins, Yogurt

### *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.

Nutrition Information is available upon request.

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