

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheesy Pizza Fish Sticks with Chips Tossed Salad Assorted Fruit
Meat and Cheese and PBJ Available Daily				
4 Pancakes with Sausage Cheese Burger on Bun Homestyle Baked Beans Assorted Fruit	5 Cheese Ravioli with Roll Pretzel Melt Golden Corn Assorted Fruit	6 Chicken Patty on Bun Baked Macaroni and Cheese with Roll Steamed Broccoli Assorted Fruit	7 BBQ Pork Sandwich Tuna Fish on Roll Garlic Green Beans Assorted Fruit	8 School Closed
11 School Closed Columbus Day	12 Pop Corn Chicken with Roll Grilled Cheese Sandwich Baked French Fries Assorted Fruit	13 Hot Dog on Bun Nacho's with Cheese Garlic Green Beans Assorted Fruit	14 Chicken Cheese Steak on Roll Cheese Burger on Bun Homestyle Baked Beans Assorted Fruit	15 Cheesy Pizza Cheese Queso Carrots with Ranch Assorted Fruit
18 French Toast with Sausage Hot Dog on Bun Golden Corn Assorted Fruit	19 Chicken Fajita BBQ Chicken Sandwich Steamed Rice Assorted Fruit	20 Salisbury Steak with Gravy Hot Ham and Cheese Mashed Potatoes Assorted Fruit	21 Oven Roasted Chicken with Roll Rib Q Sandwich Garlic Green Beans Assorted Fruit	22 Cheesy Pizza Fish Sticks with Chips Tossed Salad Assorted Fruit
25 Egg Patty with Sausage Cheese Burger on Bun Steamed Peas Assorted Fruit	26 Chicken Nuggets with Roll Nacho's with Cheese Steamed Rice Assorted Fruit	27 Chicken Patty on Bun Meatball Sub Golden Corn Assorted Fruit	28 Cheese Burger on Bun Hot Dog on Bun Baked French Fries Assorted Fruit	29 Cheesy Pizza Corn Dog Steamed Broccoli 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

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

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### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

Nutrition Information is available upon request.

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