



April Breakfast Menu

APR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Pancakes
Fruit
Milk

4

Scrambled Eggs, Grits, & Toast
Fruit
Milk

5

Mini Muffins & Graham Crackers
Fruit
Milk

6

Chicken Biscuit
Fruit
Milk

7

NO SCHOOL
SPRING BREAK

Fruit Choices may include: apples, oranges, bananas, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

10

NO SCHOOL
SPRING BREAK

11

NO SCHOOL
SPRING BREAK

12

NO SCHOOL
SPRING BREAK

13

NO SCHOOL
SPRING BREAK

14

NO SCHOOL
SPRING BREAK

Fruit Choices may include: apples, oranges, bananas, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

17

French Toast
Fruit
Milk

18

Scrambled Eggs, Grits, & Toast
Fruit
Milk

19

Sausage & Egg Bagel
Fruit
Milk

20

Scrambled Eggs w/ Biscuit & Jelly
Fruit
Milk

21

Chicken Biscuit
Fruit
Milk

Fruit Choices may include: apples, oranges, bananas, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

24

Waffles
Fruit
Milk

25

Breakfast Pizza
Fruit
Milk

26

Breakfast on a Stick
Fruit
Milk

27

Bagel & Cream Cheese
Fruit
Milk

28

Bacon Scramble w/ Toast
Fruit
Milk

Fruit Choices may include: apples, oranges, bananas, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

31

NO SCHOOL
SPRING BREAK

31

NO SCHOOL
SPRING BREAK

31

NO SCHOOL
SPRING BREAK

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SPRING BREAK

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SPRING BREAK

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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.



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Phased Approach

The world will not return to normal overnight, and neither will our schools. Rather, we will move in steps toward a “new normal” that safeguards health while allowing school activities to resume. Our phased approach enables foodservice teams to proactively support each level of this transition with appropriate tools and techniques that strictly follow local, state, and federal guidelines.



Personal Protective Equipment (PPE)

Employees will wear masks and gloves.



Hand Washing

Staff will continue to wash hands frequently.



Team Member Health

Employees will regularly report on their health, including temperature checks.



Food Safety

Self-service options will be eliminated.



Sanitizing and Disinfecting

High-touch surfaces will be cleaned frequently with professional-grade products.

We know how difficult the last few months have been, and we recognize that students and parents may have reservations about dining outside the home. We want to assure you that our foodservice teams take every precaution to deliver safe, high-quality food in a carefully controlled environment. Safeguarding the health and well-being of every member of the school community is our highest priority. Although there may be challenges ahead as the world recovers, we are optimistic that together we can rise to these challenges. Driven by a confident resolve, Sodexo's careful and systematic approach will keep students, faculty, and staff, who eat our meals at school, safe and healthy.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

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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April Lunch Menu

APR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Entrée Choices
Red Beans & Rice w/ Dinner Roll
Collard Greens

Chicken Caesar Salad w/ Dinner Roll

Fruit
Milk

4

Entrée Choices
Taco Tuesday
Steamed Corn

Crispy Chicken Salad w/ Dinner Roll

Fruit
Milk

5

Entrée Choices
Tomato Soup & Grilled Cheese
Mixed Vegetables

Chef Salad w/ Dinner Roll

Fruit
Milk

6

Entrée Choices
Pork Chop w/ Gravy & Brown Rice
Green Beans

Crispy Chicken Salad w/ Dinner Roll

Fruit
Milk

7

NO SCHOOL
SPRING BREAK

Fruit Choices may include: apples, oranges, bananas, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

10

NO SCHOOL
SPRING BREAK

11

NO SCHOOL
SPRING BREAK

12

NO SCHOOL
SPRING BREAK

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SPRING BREAK

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SPRING BREAK

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17

Entrée Choices
Gumbo & Grilled Cheese
Collard Greens

Chicken Caesar Salad w/ Dinner Roll

Fruit
Milk

18

Entrée Choices
Turkey Nachos
Black Beans

Chef Salad w/ Dinner Roll

Fruit
Milk

19

Entrée Choices
Salisbury Steak w/ Dinner Roll
Mashed Potatoes
Glazed Carrots

Crispy Chicken Salad w/ Dinner Roll

Fruit
Milk

20

Entrée Choices
Chicken Parmesan w/ Spaghetti
Roasted Broccoli

Chicken Caesar Salad w/ Dinner Roll

Fruit
Milk

21

Entrée Choices
Hamburgers/Cheeseburgers
Smiley Fries

Chef Salad w/ Dinner Roll

Fruit
Milk

Fruit Choices may include: apples, oranges, bananas, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

24

Entrée Choices
BBQ Riblet Sandwich
Steamed Corn

Chicken Caesar Salad w/ Dinner Roll

Fruit
Milk

25

Entrée Choices
Chicken Nuggets w/ Mac & Cheese
Glazed Carrots

Chef Salad w/ Dinner Roll

Fruit
Milk

26

Entrée Choices
Spaghetti & Meatballs w/ Dinner Roll
Roasted Broccoli

Chicken Caesar Salad w/ Dinner Roll

Fruit
Milk

27

Entrée Choices
Smothered Chicken Thighs w/ Brown Rice
Baked Beans

Crispy Chicken Salad w/ Dinner Roll

Fruit
Milk

28

Entrée Choices
Hot Dogs
Tater Tots

Chef Salad w/ Dinner Roll

Fruit
Milk

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Milk choices include: fat-free plain, 1% plain, fat-free chocolate

31

NO SCHOOL
SPRING BREAK

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Personal Protective Equipment (PPE)

Employees will wear masks and gloves.



Hand Washing

Staff will continue to wash hands frequently.



Team Member Health

Employees will regularly report on their health, including temperature checks.



Food Safety

Self-service options will be eliminated.



Sanitizing and Disinfecting

High-touch surfaces will be cleaned frequently with professional-grade products.

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- 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.

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April Supper Menu

APR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Chicken Caesar Salad Wrap
Carrot Sticks

Fruit
Milk

4

Ham & Cheese Sandwich
Celery Sticks

Fruit
Milk

5

Chicken Salad Sandwich
Carrot Sticks

Fruit
Milk

6

BBQ Chicken Wrap
Celery Sticks

Fruit
Milk

7

Fruit Choices may include: apples, oranges, bananas, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

10

NO SCHOOL
SPRING BREAK

11

NO SCHOOL
SPRING BREAK

12

NO SCHOOL
SPRING BREAK

13

NO SCHOOL
SPRING BREAK

14

Fruit Choices may include: apples, oranges, bananas, raisins, fruit juice, locally available items
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17

Turkey & Cheese Sandwich
Carrot Sticks

Fruit
Milk

18

BBQ Chicken Wrap
Celery Sticks

Fruit
Milk

19

Ham & Cheese Sandwich
Carrot Sticks

Fruit
Milk

20

Chicken Bacon Wrap
Celery Sticks

Fruit
Milk

21

Fruit Choices may include: apples, oranges, bananas, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

24

Chicken Bacon Wrap
Celery Sticks

Fruit
Milk

25

American Sub
Carrot Sticks

Fruit
Milk

26

BBQ Chicken Wrap
Celery Sticks

Fruit
Milk

27

Turkey & Cheese Sandwich
Carrot Sticks

Fruit
Milk

28

Fruit Choices may include: apples, oranges, bananas, raisins, fruit juice, locally available items
Milk choices include: fat-free plain, 1% plain, fat-free chocolate

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- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

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