<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Breakfast  
UBR or Yogurt Parfait  
Fruit, Milk  
Lunch Choice  
Spaghetti w/ Meat Sauce  
Italian Sausage Pizza  
Cheeseburger or Corn Dog  
Deli or Salad  
Pepper Strips, Mixed Fruit, Milk | Breakfast  
Mini Donuts or Cereal  
Fruit, Milk  
Lunch Choice  
Beef Nacho's  
Pepperoni Pizza  
Chicken or Cheeseburger  
Deli or Salad  
Cauliflower, Peaches, Milk | Breakfast  
Keep Safe  
Wash Your Hands  
Please Practice Social Distancing | Breakfast  
UBR or Yogurt Parfait  
Fruit, Milk  
Lunch Choice  
Beef Nacho's  
Pepperoni Pizza  
Chicken Burger or Cheeseburger  
Deli or Salad  
Cauliflower, Peaches, Milk | Breakfast  
Mini Donuts or Cereal, Fruit, Milk  
Lunch Choice  
Beef Nacho's  
Pepperoni Pizza  
Chicken Burger or Cheeseburger  
Deli or Salad  
Cauliflower, Peaches, Milk |
| Breakfast  
Cook's Choice  
Lunch  
Picnic Lunch | Breakfast  
Pancake Bites or Muffin  
Fruit, Milk  
Lunch Choice  
Beef Nacho's  
Pepperoni Pizza  
Chicken Burger or Cheeseburger  
Deli or Salad  
Broccoli, Pears, Milk | Breakfast  
Pancake Bites or Muffin  
Fruit, Milk  
Lunch Choice  
Sloppy Joe  
Bearcat Pizza  
Bearcat Burger or Chicken Burger  
Deli or Salad  
Carrot Sticks, Mixed Fruit | Breakfast  
Pancake Bites or Muffin  
Fruit, Milk  
Lunch Choice  
Sloppy Joe  
Bearcat Pizza  
Bearcat Burger or Chicken Burger  
Deli or Salad  
Carrot Sticks, Mixed Fruit | Breakfast  
Pancake Bites or Muffin  
Fruit, Milk  
Lunch Choice  
Sloppy Joe  
Bearcat Pizza  
Bearcat Burger or Chicken Burger  
Deli or Salad  
Carrot Sticks, Mixed Fruit |
| Breakfast  
Pancake Bites or Muffin  
Fruit, Milk  
Lunch Choice  
Sloppy Joe  
Bearcat Pizza  
Bearcat Burger or Chicken Burger  
Deli or Salad  
Carrot Sticks, Mixed Fruit | Breakfast  
Pancake Bites or Muffin  
Fruit, Milk  
Lunch Choice  
Sloppy Joe  
Bearcat Pizza  
Bearcat Burger or Chicken Burger  
Deli or Salad  
Carrot Sticks, Mixed Fruit | Breakfast  
Pancake Bites or Muffin  
Fruit, Milk  
Lunch Choice  
Sloppy Joe  
Bearcat Pizza  
Bearcat Burger or Chicken Burger  
Deli or Salad  
Carrot Sticks, Mixed Fruit | Breakfast  
Pancake Bites or Muffin  
Fruit, Milk  
Lunch Choice  
Sloppy Joe  
Bearcat Pizza  
Bearcat Burger or Chicken Burger  
Deli or Salad  
Carrot Sticks, Mixed Fruit | Breakfast  
Pancake Bites or Muffin  
Fruit, Milk  
Lunch Choice  
Sloppy Joe  
Bearcat Pizza  
Bearcat Burger or Chicken Burger  
Deli or Salad  
Carrot Sticks, Mixed Fruit |

Christmas Break  
See you January 4, 2021!
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.

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.

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.

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 1/2 Tbsp olive oil
- 1/4 c onion (small dice)
- 1/2 c celery (sliced thin)
- 2 c carrots (1” slices)
- 1 c plus 2 Tbsp water (divided)
- 1 1/2 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 saucenpan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 cup 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.