



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>29</b>
Turkey Taco
Assorted Veggies and Fruit
Assorted Milk

<b>30</b>
Pepperoni Pizza
Assorted Veggies and Fruit
Assorted Milk

<b>31</b>
Chicken Sandwich
Assorted Veggies and Fruit
Assorted Milk

<b>April 1</b>
Garlic Cheesy Bread
Assorted Veggies and Fruit
Assorted Milk

<b>2</b>
Turkey Taco
Assorted Veggies and Fruit
Assorted Milk
Weekend meals will be given on this day

**Spring Break Meal Kits will be distributed on April 5<sup>th</sup> from 1:15PM-2PM and will include:**

**BREAKFAST – 7 Days**

- English Muffins – 6 pack – 6 Servings
- Benefit Bar – 1 Serving
- Apple and Eve Juice – 4 Serving
- Applesauce Cup –1 Serving
- Raisins – 2 servings
- Milk - OFFERED

**LUNCH – 7 Days**

- Corn Dog (2 Servings)
- Pepperoni Pizza (2 Servings)
- Bean and Cheese Burrito (2 Servings)
- Taco Nada (IW Turkey Taco) (1 Serving)
- 1# Carrots (6 Servings)
- Banana or Apple (2 Servings)
- MILK – OFFERED

Additional fruits and vegetables available by request

**FREE MEALS FOR ALL YOUTH – PLEASE NOTE SCHEDULE CHANGE**  
 Any child, age 18 and younger, may pick up FREE meals daily from **1:15-2PM**.  
 Parents may pick up meals for their children at all 14 school sites.  
 On Fridays, we will offer free meals to take home for the weekend.

During hybrid learning, students on campus will be offered FREE meals **when they are released for the day.**

Junior High students will be offered meals at 12:15pm  
 Senior High students will be offered meals at 12:45pm

**MEAL REQUIREMENTS**

Must select at least 3 of the 5 offered components:  
 Meat/Meat Alternative;  
 Grain; Veggie; Fruit; Milk  
**ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!**



**PLEASE PRACTICE SOCIAL DISTANCING**

## 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

BREAKFAST - THE MOST IMPORTANT MEAL OF THE DAY

**MONDAY:** ASSORTED CEREAL & STRING CHEESE

**TUESDAY:** GRAPE CRESENT ROLL

**WEDNESDAY:** CINNAMON BUN

**THURSDAY:** EGGO MINI BLUEBERRY PANCAKES

**FRIDAY:** VARIETY FLAVOR PAN DULCE

YOGURT PARFAIT W/ GRANOLA AVAILABLE UPON REQUEST

### Fresh Pick Recipe

#### KIWI SALSA

- 1/2 cup red onion-small dice
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups kiwi, peeled-medium dice
- 1/2 cup pineapple-medium dice, fresh or canned
- 1/2 cup fresh cilantro leaves, shredded
- 1/2 cup orange juice
- 4 tablespoons lime juice
- 4 tablespoons extra virgin olive oil
- 1 tablespoon honey (optional)
- salt and pepper, to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with corn chips.

WASH YOUR HANDS



### FREE MEALS FOR ALL YOUTH

Any child, age 18 and younger, can pick up FREE meals daily 1:15PM-2PM.

Parents can pick up meals for their children.

All 14 school sites will serve FREE meals.

On Fridays, we will offer FREE meals to take home for the weekend.



10% post-consumer



Nutrition Information is available upon request.



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