

**WILLIAM S. HART UHSD
MAY 2021 MENU FOR COHORTS A & B**

COHORT A	
3 Bean & Cheese Burrito Assorted Veggies & Fruit Assorted Milk	4 Chicken Sandwich Assorted Veggies & Fruit Assorted Milk

COHORT B	
6 Meatball Sub Assorted Veggies & Fruit Assorted Milk	7 Chicken Parmesan Assorted Veggies & Fruit Assorted Milk

5
CURBSIDE PICKUP 12PM-2PM
7 DAY KIT:
CINCO DE MAYO
DIY BURRITOS

10 Turkey Taco-Nada Assorted Veggies & Fruit Assorted Milk	11 Mushroom Burger Assorted Veggies & Fruit Assorted Milk
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12
CURBSIDE PICKUP 12PM-2PM
7 DAY KIT:
DIY PASTA w/
MARINARA &
GROUND BEEF

13 Chicken Alfredo with Fries Assorted Veggies & Fruit Assorted Milk	14 Turkey Taco-Nada Assorted Veggies & Fruit Assorted Milk
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17 Pizza Pocket Assorted Veggies & Fruit Assorted Milk	18 Chicken Parmesan Assorted Veggies & Fruit Assorted Milk
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19
CURBSIDE PICKUP 12PM-2PM
7 DAY KIT:
CHICKEN
POTSTICKERS w/
RICE

20 Cheeseburger Assorted Veggies & Fruit Assorted Milk	21 Chicken Sandwich Assorted Veggies & Fruit Assorted Milk
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24 Bean & Cheese Burrito Assorted Veggies & Fruit Assorted Milk	25 Cheeseburger Assorted Veggies & Fruit Assorted Milk
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26
CURBSIDE PICKUP 12PM-2PM
7 DAY KIT:
DIY MEATBALL
SUBS

27 Pizza Pocket Assorted Veggies & Fruit Assorted Milk	28 Mushroom Burger Assorted Veggies & Fruit Assorted Milk
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31 Meatball Sub Assorted Veggies & Fruit Assorted Milk	01 Chicken Alfredo Assorted Veggies & Fruit Assorted Milk
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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

7 DAY KITS INCLUDE BREAKFAST w/ WHOLEGRAIN AND FRUIT, AS WELL AS VEGETABLE WITH LUNCH. MILK AND ADDITIONAL FRUIT/VEGETABLE OFFERED.

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 & younger, can pick up a week of FREE meals on Wednesdays from 12pm-2pm.
Parents can pick up meals for their children.
All 14 school sites will serve FREE meals.

Nutrition Information is available upon request.

