

# Township of Ocean Intermediate School



**MONDAY** 

**TUESDAY** 

WEDNESDAY

**THURSDAY** 

**FRIDAY** 

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (skim, 1% white or fat free chocolate)

MENU SUBJECT TO CHANGE

Reduced Breakfast Price: \$.00 Paid Breakfast Price: \$2.25

Reduced Lunch Price: \$.00 Paid Lunch Price: \$3.75

French Bread Pizza

Garden Tossed Salad

Available Daily: Pizza, Hamburgers, Cheeseburgers, Assorted Sandwiches/ Wraps and Salads

4

Breakfast for Lunch: French Toast Sticks w/Turkey Sausage Links

Veggie

5

Chicken Fajita Wrap

Southwest Black Beans

6

Mac & Cheese w/Dinner Roll

Veggie

7

Chicken Tenders

French Fries

8

15

1

Big Daddy Pizza

Garden Tossed Salad

Available Daily: Pizza, Hamburgers, Cheeseburgers, Assorted Sandwiches/ Wraps and Salads

11

Mozzarella Sticks w/Marinara Sauce

Veggie

12

Hot Dog on a Bun

Refried Beans

13

Penne Pasta w/Meatballs

Green Beans

14

Celebrate St. Patrick's Day

Fish & Chips

Waffle Fries

4x6 Smart Pizza Garden Tossed Salad

Available Daily: Pizza, Hamburgers, Cheeseburgers, Assorted Sandwiches/ Wraps and Salads

18

Chicken & Cheese Quesadilla Black Beans

19

Chicken Drumstick Dinner Roll

Mashed Potatoes

20

Baked Ziti w/Breadstick

Veggies

"Welcome Spring"

21

Bacon Cheeseburger on a Bun

French Fries

22

Individual Home Made Pizza

Garden Tossed Salad

Available Daily: Pizza, Hamburgers, Cheeseburgers, Assorted Sandwiches/ Wraps and Salads

25

Corn Dog

Vegetarian Baked Beans

26

General Tso's Chicken Over Rice

Veggie

27

Grilled Cheese Sandwich

Roasted Broccoli

28

French Bread Pizza Garden Tossed Salad

29

SCHOOL CLOSED

FOR

SPRING BREAK

Available Daily: Pizza, Hamburgers, Cheeseburgers, Assorted Sandwiches/ Wraps and Salads

## 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.

## **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 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 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp comstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)
- 1. Prepare ingredients as directed.
- In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
- Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
- 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.
- Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

Nutrition Information is available upon request.