

BCIT Medford



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCHOOL CLOSED	Chicken Patty Deluxe French Fries	Popcorn Chicken bowl with dinner roll Mashed Potatoes & Corn	Mozzarella Bosco Stix w/ Marinara Green Beans	Nachos Supreme Black Beans
Pizza Bar, Grill Line, & Fast Takes available daily!				
Roasted Chicken w/Dinner roll Sweet Peas	French Toast w/Sausage Patty Baked Apples	Homemade Chili w/Cornbread Garden Salad	Cheesesteak Hoagie French Fries	French Bread Pizza Plain or Pepperoni Caesar Salad
MARTIN LUTHER KING DAY	Chicken Fajitas Cilantro Lime Rice Red Beans	1/2 DAY NO LUNCH SERVED	Taquitos Seasoned Black Beans	Ham & Cheese Pretzel melt Caesar Salad
All reimbursable meals include choice of entrée, vegetable, fruit, and milk.				
Breakfast For Lunch Pancakes, Scrambled Eggs, & Sausage Tater Tots	Twin Hot Dogs BBQ Baked Beans	Chicken Cheesesteak Glazed Carrots	1/2 DAY NO LUNCH SERVED	1/2 Day NO LUNCH SERVED
Fresh and chilled fruit cup (no added sugar) offered daily.				
SCHOOL CLOSED	Spaghetti & Meatballs Garlic Bread Garden Salad	Grilled Cheese w/ Tomato Soup Green Beans		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!

Due to nationwide product and ingredient shortages, menus are subject to change based on product availability.

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 cornstarch
- 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.
- 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.



Due to nationwide product and ingredient shortages, menus are subject to change based on product availability. Although menus may change, our teams are working hard to ensure that students still have access to a variety of well-balanced and healthy meal options.

Nutrition Information is available upon request.