

Breakfast Menu



2017

Monday	Tuesday	Wednesday	Thursday	Friday	Monthly Highlights:
<p>1</p> <p>Cocoa Puff Cereal OR Trix Cereal Bar</p> <p>Maple Waffle Graham Diced Pears Orange Juice</p>	<p>2</p> <p>Good Morning Sandwich (Egg Patty & Cheese) OR Cheese Stuffed Sandwich</p> <p>Pineapple Wild Cherry Juice</p>	<p>3</p> <p>Snack'n Waffle OR Peanut Butter & Jelly Wafer</p> <p>Diced Peaches Apple Juice</p>	<p>4</p> <p>Morning Sausage Roll* OR Blueberry Breakfast Bread</p> <p>Mixed Fruit Apple Berry Juice</p>	<p>5</p> <p>Bagel Roll OR Muffin</p> <p>Fresh Kiwi Grape Juice</p>	 <p>The school year is coming to an end, but Nutrition Services wants to keep students fed! Visit us at www.sbcusdnutritionservices.org to find locations within the city for free meal(s) for children under the age of 18.</p>  <p>Don't forget to file a meal application in person or online. Parents/guardians can fill out meal applications online at http://onlinemealapp.sbcusd.com. By completing the meal application online, it goes directly to Nutrition Services, which means that your application will be processed faster!</p>
<p>8</p> <p>Frosted Flakes Multi-Grain Cereal OR Mini Muffin</p> <p>Trix Yogurt Fresh Apple Slices Orange Juice</p>	<p>9</p> <p>French Toast Sticks OR Mini Pancakes</p> <p><i>Strawberries</i> Apple Berry Juice</p>	<p>10</p> <p>Muffin OR Pan Dulce</p> <p>Applesauce Cup Grape Juice</p>	<p>11</p> <p>Turkey Sausage Breakfast Pizza OR Home-style Cornbread</p> <p>Diced Peaches Wild Cherry Juice</p>	<p>12</p> <p>Apple Jacks Cereal OR Rice Chex Cereal</p> <p>Fresh Banana Apple Juice</p>	
<p>15</p> <p>Cocoa Puff Cereal OR Trix Cereal Bar</p> <p>Pineapple Grape Juice</p>	<p>16</p> <p>Breakfast Bread OR Egg Wrap</p> <p>Diced Pears Orange Juice</p>	<p>17</p> <p>Snack'n Waffle OR Bagel Roll</p> <p>Mixed Fruit Apple Berry Juice</p>	<p>18</p> <p>Pancake Sausage Stickwich* OR Pizza Bagel</p> <p>Apricot Halves Apple Juice</p>	<p>19</p> <p>Muffin OR Peanut Butter & Jelly Wafer</p> <p>Fresh Orange Wild Cherry Juice</p>	
<p>22</p> <p>Cinnamon Toast Crunch Cereal Bar OR Froot Loops Cereal</p> <p>Trix Yogurt Diced Peaches Orange Juice</p>	<p>23</p> <p>Mini Pancakes OR Scrambled Eggs w/Ham & Tortilla*</p> <p>Fresh Orange Grape Juice</p>	<p>24</p> <p>Mini Muffin OR Cheerios Cold Cereal</p> <p>Mixed Fruit Wild Cherry Juice</p>	<p>25</p> <p>Breakfast Burrito* OR Foody's A-Z Bread</p> <p>Diced Pears Apple Juice</p>	<p>26</p> <p>Bagel Roll OR Pan Dulce</p> <p>Fresh Banana Apple Berry Juice</p>	
<p>29</p> 	<p>30</p> <p>Good Morning Sandwich* (Pork Ham & Cheese) OR Cheesy Egg Omelet w/Flavored Cracker</p> <p>Pineapple Wild Cherry Juice</p>	<p>31</p> <p>Snack'n Waffle OR Peanut Butter & Jelly Wafer</p> <p>Diced Peaches Apple Juice</p>	 		



Milk is served daily with each meal – choice of non-fat chocolate, non-fat strawberry or 1% white milk. **Make half your plate fruits & vegetables**

Lunch Menu



2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bean & Cheese Burrito OR Mini Bar-B-Que Beef Sandwich Grape Juice	2 Bosco's Pizza Stick* OR Turkey Gravy w/Mashed Potatoes w/Wheat Dinner Roll Fresh Apple Slices	3 Beef Soft Taco OR Chicken Fajita Soft Taco Goldfish Cracker Fresh Orange	4 Hot Dog on a Bun OR Hot Ham & Cheese Sandwich* Baked Potato Wedges Fresh Pear	Cinco De Mayo 5 Cheese Pizza OR Mandarin Orange Chicken w/Steamed Rice <i>Fiesta Treat</i> Apple Juice
8 Cheese Calzone OR California Chicken Chili and Home-style Cornbread Raisins	9 Pasta w/Meat Sauce & Cheesy Breadstick OR Popcorn Chicken w/Cheese Crackers Watermelon Frozen Juice	10 Taco Salad w/Flavored Cracker OR Grilled Cheese Sandwich Fresh Pear	11 Hamburger on a Bun OR Corn Dog Baked Potato Wedge <i>Fresh Strawberries</i>	12 Turkey Ham & Cheese Wedge Sandwich OR Peanut Butter & Jelly Sandwich Grape Juice
15 Teriyaki Beef Bites w/Steamed Rice OR Bosco's Pizza Stick* Fresh Apple Slices	16 Turkey Gravy & Mashed Potatoes OR Chicken Nuggets Flavored Cracker Apple Juice	17 Nacho Cheese w/Mini Tortilla Chips OR Bean & Cheese Burrito Fresh Orange	18 Pork-Rib-Que Sandwich* OR Billy's Sloppy Joe Sandwich Baked Potato Wedges Fresh Pear	19 Wild Mike's Cheese Pizza OR Chicken Fajita Soft Taco w/Goldfish Crackers Grape Juice
22 Macaroni & Cheese OR Corn Dog Applesauce Cup	23 Chicken Tenders OR Pasta w/Meat Sauce & Cheesy Breadstick Tropical Frozen Fruit Juice	24 Beef Chalupa OR Fish Nuggets Flavored Cracker Fresh Apple Slices	25 Chicken Sandwich OR Mini Cheeseburgers Baked Potato Wedges Fresh Orange	26 Grilled Cheese Sandwich OR Pepperoni Pizza* Wild Cherry Juice
29 	30 Bosco's Pizza Stick* OR Turkey Gravy w/Mashed Potatoes w/Wheat Dinner Roll Fresh Apple Slices	31 Beef Soft Taco OR Chicken Fajita Soft Taco Goldfish Cracker Fresh Orange	June 1st - Sack Lunch Turkey Ham & Cheese Wedge Sandwich OR Peanut Butter & Jelly Sandwich Raisins 	
<u>Monday Salad Bar</u> California Mixed Greens Corn Ranch Dressing	<u>Tuesday Salad Bar</u> California Mixed Greens Garbanzo Beans Italian Dressing	<u>Wednesday Salad Bar</u> California Mixed Greens Black Beans Jicama Sticks Ranch Dressing	<u>Thursday Salad Bar</u> California Mixed Greens Green Beans Italian Dressing	<u>Friday Salad Bar</u> California Mixed Greens Baby Carrots Broccoli Ranch Dressing

If all the strawberries produced in California this year were laid berry to berry, they would wrap around the world 15 times – enough to provide every household in the United States with 12 one-pint baskets

A ½ cup of sliced strawberries (about 4 large strawberries) provides:

- An excellent source of vitamin C – more than 80% of the recommended Daily Value.
- A source of fiber and folate.

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