

Elementary K-5 October 2011

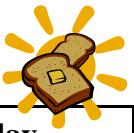
**Alum Rock USD
Child Nutrition Services**



National School Lunch Week October 10-14, 2011



Weekly Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza	Pork Sausage Biscuit	Beef Sausage Pancake on a Stick	Cinnamon Glazed Toast	Salsa Verde Tamale Pocket
Cinnamon Glazed Pancakes				
Sweet Potato Cinnamon Roll				
Whole Grain Cereals	Trix Yogurt	Whole Grain Cereals	Trix Yogurt	Whole Grain Cereals
Graham Crackers	Gripz Crackers	Graham Crackers	Gripz Crackers	Graham Crackers
Applesauce Cup	Apple/Orange Juice	Apple/Orange Juice	Apple/Orange Juice	Applesauce Cup



Mon., Oct. 3	Tues., Oct. 4	Wed., Oct. 5	Thurs., Oct. 6	Fri., Oct. 7
Lunch	Lunch	Lunch	Lunch	Lunch
Pepperoni Pocket	Chicken Hot Dog w/ Ketchup	Mini Cheeseburger w/ Ketchup	Cheese Pizza	Chicken Nuggets & Hash Brown Stick w/ Ketchup
Grilled Cheese Sandwich	French Bread Pizza	Turkey Soft Taco w/ Taco Sauce	Beef, Bean & Cheese Burrito w/ Taco Sauce	Deli Sandwich
PBJ Sandwich	PBJ Sandwich	Deli Sandwich	PBJ Sandwich	Yogurt & Muffin
Yogurt & Muffin				

Check your Cafeteria for Giveaways all week!

Daily Offerings
Milk: 1% White or Fat Free Chocolate w/ each meal
Breakfast: Choose Entrée + Milk and/or Juice/Fruit
Lunch: M/T/TH: PB&J Sandwich W/F: Deli Sandwich, Yogurt & Muffin Top Choose an Entrée + at least one more item

Mon., Oct. 10	Tues., Oct. 11	Wed., Oct. 12	Thurs., Oct. 13	Fri., Oct. 14
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Corn Dog w/ Ketchup	Mini Cheeseburger w/ Ketchup	Gilled Ham & Cheese Sandwich	Pepperoni Pizza	Chicken Patty Sandwich w/ Ketchup
Bean & Cheese Chalupa w/ Taco Sauce	Cheese Pizza Slice	Pasta/Meat Sauce & Wheat Roll	Cook's Choice	Deli Sandwich
PBJ Sandwich	PBJ Sandwich	Deli Sandwich	PBJ Sandwich	Yogurt & Muffin
Yogurt & Muffin				

Mon., Oct. 17
Lunch
 Chili Cheese Dog
 Ham & Cheese Hot Pocket
 PBJ Sandwich

Tues., Oct. 18
Lunch
 Mini Cheeseburger w/ Ketchup
 Cheese Quesadilla w/ Taco Sauce
 PBJ Sandwich

Wed., Oct. 19
Lunch
 Pepperoni Pizza Slice
 Mac & Cheese & Wheat Roll
 Deli Sandwich
 Yogurt & Muffin

Thurs., Oct. 20
Lunch
 Bean & Cheese Burrito w/ Taco Sauce
 Pork Egg Roll w/ Sweet & Sour Sauce
 PBJ Sandwich

Fri., Oct. 21
Lunch
 Chili Beans & Tortilla Chips
 Deli Sandwich
 Yogurt & Muffin

Mon., Oct. 24
Lunch
 Pepperoni Pocket
 Grilled Cheese Sandwich
 PBJ Sandwich

Tues., Oct. 25
Lunch
 Chicken Hot Dog w/ Ketchup
 French Bread Pizza
 PBJ Sandwich

Wed., Oct. 26
Lunch
 Mini Cheeseburger w/ Ketchup
 Turkey Soft Taco w/ Taco Sauce
 Deli Sandwich
 Yogurt & Muffin

Thurs., Oct. 27
Lunch
 Cheese Pizza
 Beef & Bean Burrito w/ Taco Sauce
 PBJ Sandwich

Fri., Oct. 28
Lunch
 Chicken Nuggets & Hash Brown Stick w/ Ketchup
 Deli Sandwich
 Yogurt & Muffin

Mon., Oct. 31
Lunch
 Chicken Corn Dog w/ Ketchup
 Bean & Cheese Chalupa w/ Taco Sauce
 PBJ Sandwich
 Spooky Cry Baby

Daily Salad Bar Menu

Monday
 Salad Greens, Cucumber Slices, Baby Carrots, Veggie Beans, Fruit Salad & Applesauce

Tuesday
 Shredded Lettuce, Corn Green Beans, Banana, Raisins, & Canned Pears

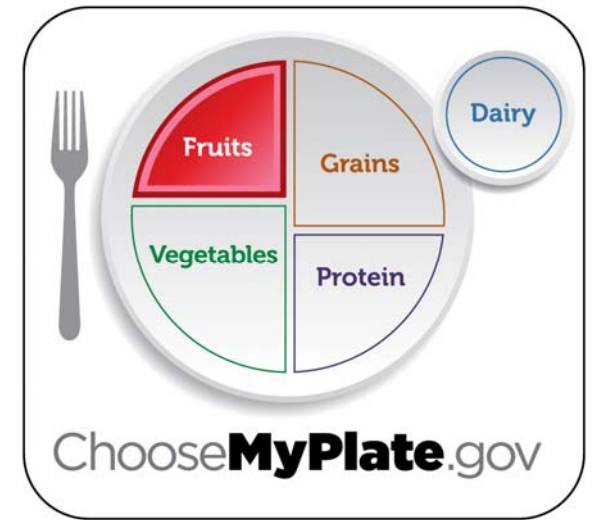
Wednesday
 Salad Greens, Cucumber Slices, Kidney Beans, Celery Sticks w/ PB Cup, Apples Slices & Canned Peaches

Thursday
 Shredded Lettuce, Baby Carrots, Peas, Grapes, Raisins, & Canned Apricots

Friday
 Salad Greens, Cucumber Slices, Jicama Sticks, Veggie Beans, Fresh Pear, & Canned Fruit Mix

Salad bar offerings are subject to change due to availability

This institution is an equal opportunity provider.
MENU SUBJECT TO CHANGE WITHOUT NOTICE. WHEN A STUDENT'S 1st CHOICE OF ENTRÉE BECOMES UNAVAILABLE, AN ALTERNATE WILL BE OFFERED



Focus on Fruits
 Fruits provide nutrients vital for health. They are naturally low in fat, sodium, and calories, and they are cholesterol FREE! Fruits may be fresh, frozen, canned, or dried. They may be whole, cut-up, or pureed!

Keep it Ready to Eat!

- Place fruit in a bowl on the counter

Think about Variety

- Choose seasonal items
- Choose different colors

Include Fruit at Breakfast

- Add berries or cut up banana to your cereal
- Drink 1/2 cup of 100% fruit juice