

December 2016



Cold Sandwiches & Wraps Made Fresh

Daily Sandwiches

Pastrami & Cheese
Salami & Cheese
Ham & Cheese
Turkey & Cheese
Tuna Salad Sandwich

Wraps

Selections Rotate
BBQ Chicken Wrap
Buffalo Chicken Wrap
Chicken Caesar Wrap
Chipotle Chicken Wrap
Santé Fe Turkey Wrap



Daily Salad Bar with Condiments

Today's Feature

Monday

Carrots & Beans

Tuesday

Broccoli & Celery

Wednesday

Tomatoes & Cucumbers

Thursday

Salad & Beans

Friday

Carrots & Celery



Favorite Comfort Foods & International Flavors Served

				1	2
BREAKFAST	LUNCH			Beef A Roni with Veggie Medley & Dinner Roll	Fresh Baked Pizza with Caesar Salad
Student Prices \$1.50 Paid \$0.30 Reduced* Adult/Staff \$2.50	Student Prices \$2.55 Paid \$0.40 Reduced* Adult/Staff \$3.25				
5	6				
Mac & Cheese Green Beans & Dinner Roll	Chicken Alfredo with Steamed Broccoli with Dinner Roll	BBQ Chicken with Mashed Potatoes & Seasoned Corn with Dinner Roll	Hard Shell Tacos Mexican Style Rice & Spicy Beans	8	9
12	13	14	15	16	
Triple Grilled Cheese with Baked Fries	Catfish Strips with Veggie Medley & Dinner Roll	Spaghetti & Meatballs Green Beans with Dinner Roll	Beef Macho Nachos Mexican Style Rice & Spicy Beans		
19	20	21	22	23	
Turkey Taco Bowl Mexican Style Rice & Spicy Beans	Brown Bag Lunch	Brown Bag Lunch			
26	27	28			29
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL



Classic Cheese pizza, Veggie and Pepperoni pizza served on Friday
All pizza made w/ reduced fat cheese & whole grain crust. Includes salad bar.

Specials

- Week 1 Buffalo Chicken
- Week 2 Italian Sausage
- Week 3 Meatball
- Week 4 Hawaiian
- Week 5 BBQ Chicken



Includes daily potato choice and salad bar.

Specials

- Monday: Chicken Sandwich
- Tuesday: Hamburger or Cheeseburger
- Wednesday: Turkey Corn Dog
- Thursday: BBQ Riblet Sandwich
- Daily: Popcorn Chicken



Fresh Food Fast- Packaged for Grab N' Go (Salads served with a dinner roll)

Specials

- Monday: Asian Chicken Salad
- Tuesday: Ham & Turkey Chef Salad
- Wednesday: Spinach Salad
- Thursday: Satsuma Cobb Salad
- Daily: Chicken Caesar Salad

Questions please call:
Food Service Director
916.649.7844

USDA and this institution are equal opportunity providers.

***You may qualify for free or reduced price meals. Applications are available at all schools and the district office. Low-fat milk is served with every breakfast and lunch. Some menu items may change due to availability of products.**