**Apply Now For FREE MEALS**

New applications are required annually at most sites. Last Year’s Applications will EXPIRE. Apply before September 30!

Apply at [www.scusd.edu/applyformeals](http://www.scusd.edu/applyformeals)

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**Sacramento City Unified School District**

USDA is an equal opportunity provider and employer.

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### Available Daily for Lunch

- Breakfast
- Lunch

Lunches include Garden Salad Bar Choices & Sides plus:
  - Milk—Non or Low-Fat, Unflavored/White
  - Entrée Choices also include every day:
    - Meatless: Both w/ Mozzarella Stick
    - #1-Vegan Sunbutter & Jelly
    - #2 Yogurt Meal
  - Other Hot lunch entrees on menu:
    - #3 & #4 (see Menu)

**Menu is Subject to Change**

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### Credit Policy

If your student forgets meal money, credit will be given for up to three days for each meal. Students and households will be reminded of negative balances. To avoid charges, prepayments are accepted in line with a check or online at: [www.EZSchoolPay.com](http://www.EZSchoolPay.com)

Please clear balances promptly. Thanks!

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### Menu for September 2015

<table>
<thead>
<tr>
<th>Menu Options</th>
<th>Tuesday, Sept 8</th>
<th>Wednesday, Sept 9</th>
<th>Thursday, Sept 10</th>
<th>Friday, Sept 11</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Biscuit &amp; Sausage Gravy Square</td>
<td>Chicken Tortilla Crispito w/salsa</td>
<td>Cheesy Toast</td>
<td>Sunnyfresh French Toast Sticks</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Chicken Taquitos</td>
<td>Lunch New!! All Natural Beef Hotdog on Whole Grain Bun Or, Crispy Breaded Chicken</td>
<td>Lunch New!! Bean &amp; Cheese Papusas Or Chicken Sopes Tostada</td>
<td>Lunch New!! Rich Chicks Tender Filets Or Cheeseburger Sliders</td>
</tr>
<tr>
<td><strong>Side</strong></td>
<td>Tostitos Scoops</td>
<td>Side: Cornbread Loaf</td>
<td>Side: New BakeBeans</td>
<td>Side: New BakeBeans</td>
</tr>
</tbody>
</table>

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### Apply for Free & Reduced Meals on-line @ [www.scusd.edu/applyformeals](http://www.scusd.edu/applyformeals) or call 916-277-6716

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**Fruitful for your family.**

Our meals are fantastic for your family in more ways than one. First, we’re there for you every day, so you don’t have to worry. Plus, our prices are the best you’ll find for a full, balanced meal. We also meet healthy standards that are unheard of in most meals. And, oh yeah, we offer fruit (or veggie) with every meal we serve every single day! Have a great year, and please join us often!
### Monday, Sept 14
**Breakfast**
Triple Berry French Toast

**Lunch**
New!! Rich Chicks Tender Filets
Or Artisan French Bread Pizza

### Tuesday, Sept 15
**Breakfast**
Italian Turkey Sausage Breakfast Square

**Lunch**
Fernandos Bean & Cheese Burrito w/ Taco Sauce
Or Crunchy Saucy Beef & Cheese Taco

**Side:** Tostitos Scoops
**Side:** Refried Beans

### Wednesday, Sept 16
**Breakfast**
Chicken Tortilla Crispito w/salsa

**Lunch**
New!! Sweet Chili Orange Chicken
Or Cheeseburger

**Side:** Whole Grain Rice

### Thursday, Sept 17
**Breakfast**
Sunrise Pork Sausage Sandwich

**Lunch**
Corn Doggy
Or New!! Beef Bun Taco

**Side:** Happy Face Potato Smiles

### Friday, Sept 18
**Breakfast**
Warm Mini Cinni Rolls

**Lunch**
Catch of the Day! Neptune's Fish Filet on Whole Grain Bun w/Tartar Sauce
Or Grilled Cheese Sandwich

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**Daily Options**

**Entrées:**
- #1-General Mill's Whole Grain Cereal Choices
- #2-Daily Choice, (listed on the menu)
- And /Or Self-Serve Produce Bar & 100% Orange Juice, Milk, Graham

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**Words of Mouth**

Where do all of our crazy names for food come from?

**This month: “Picnic”**

“Picnic” comes from a French word that described a party where everyone brought a dish -- it had nothing to do with eating outside. In English, the word gradually came to have its very specific meaning of a meal enjoyed outdoors.

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**EAT YOUR WATER**

Your go-to choice for hydration should be good old H2O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

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**Simple, Safe & Secure**

Pay for meals on-line at EZSchoolPay.com!