



K-6 & K-8 Menus January 2014

**Sacramento City
Unified School District
Nutrition Services**
Brenda Padilla, M.S., Director

*This institution is an equal opportunity provider
and employer. Menus subject to change.*

Monday, January 6

Breakfast
Maple Burst Mini Pancakes

Lunch
Mini Beef Cheeseburger
Buddy Sliders
OR
Kona Coast Teriyaki Chicken

Side: Hawaiian Style
Whole Grain Brown Rice

**WE'RE LOOKING
FOR A FEW
EXTRA SETS
OF HANDS.**



Join our team in a school cafeteria!
Start at **\$10.77** per hour.
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or call **916-277-6716** today
for more information!

Tuesday, January 7

Breakfast
Apple Cinnamon Texas Toast
Lunch

New!! Tyson Chicken
Tender Filets
OR
Savory Jennie O' Roasted
Turkey Breast w/Turkey
Gravy

Side: Idahoan Mashed
Potatoes
Whole Grain Roll & Jelly

Wednesday, January 8

Breakfast
Bacon Scramble Square

Lunch
Zesty Chicken Patty
Sandwich on
Whole Grain Bun
OR

BBQ Beef Rib-B-Q on
Whole Grain Hoagie Roll

Side: Baked Potato Spuds

Thursday, January 9

Breakfast
Chicken Tortilla Crispito
Wrap w/salsa

Lunch
House Baked Whole Grain
Crust Wedge Pizza,

Pepperoni
OR
Cheese

Side: Hot Corn Kernels

Friday, January 10

Breakfast
Sunnyfresh French Toast
Sticks

Lunch
Rainbow Trout Melt
on Whole Grain Bun w/
Tartar Sauce
OR
Mozzarella Cheesy Bread
Stick

Side: *Campbell's* Mega
Noodle Soup

Monday, January 13

Breakfast
Pillsbury Blueberry Mini
Waffles
Lunch

Mandarin Orange Chicken
OR
Artisan Style Whole Grain
French Bread Cheese Pizza

Side: Hawaiian Style
Whole Grain Brown Rice

Tuesday, January 14

Breakfast
Turkey Sausage Breakfast
Bagel
Lunch

NEW!

Tyson Chicken Tender Filets
Or
Sweet Baby Ray's BBQ
Roasted Chicken

Side: Whole Grain
Roll & Jelly
Green Beans

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REDUCED-PRICE
MEALS**

for all students who qualify. It's simple to apply
and we accept applications all year.

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www.scusd.edu/applyformeals
or call **916-277-6716**

Wednesday, January 15

Breakfast
Sunrise Pork Sausage
Sandwich

Lunch
Bow Tie Pasta w/ Beef
Marinara Sauce

OR
Cheesburger on a
Whole Grain Bun

Side: Baked Potato Spuds

Chionophobia

Word play



"Chionophobia" is
the fear of snow or
being snowbound.

Thursday, January 16

Breakfast
Pillsbury Triple Berry French
Toast

Lunch
Salisbury Steak & Gravy
OR
Fernando's Cheese & Bean
Whole Grain Burrito w/Taco
Sauce

Side: Idahoan Mashed
Potatoes
Goldfish Pretzels

First
things
First

**BREAKFAST
@SCHOOL**
For first-class
learning!

Featuring Healthy
Fruits & Grains!

Friday, January 17

Breakfast
Pillsbury Mini Cinni Buns

Lunch
Crispy Breaded Baked
Chicken
Or
Catch of the Day!
Trout Treasure Shapes

Side: Whole Grain
Biscuit & Jelly
Hot Corn Kernels

Available Daily

Lunches include Garden Salad Bar &
Milk—Non or Low-Fat, Unflavored

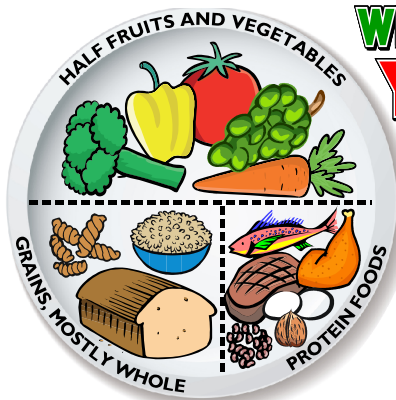
Entrée Choices:

Meatless: Both w/ Mozzarella Stick
#1-Vegan Sunbutter & Jelly Sandwich
#2 Yogurt Meal

Other Hot lunch entrees:

#3 (see monthly non-cheese options)
#4 House-Made (see daily menu)

Menu is Subject to Change



What's on
YOUR
plate?



Purple Carrots?!



It's true -- until a few hundred years ago, carrots were purple, not orange. Dutch farmers in the late 16th century began to take "mutant" white and yellow carrots and cultivate them selectively until they had developed something closer to the sweet, tasty orange carrots we love today!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 20

Martin Luther King, Jr.

1929
1968

1964
Awarded Nobel Peace Prize

No School

Tuesday, January 21

Breakfast
Italian Turkey Sausage
Breakfast Square

Lunch
NEW!
Tyson Chicken Tender Filets
OR
Fajita Chicken & Cheese Taco

Side: Potato Smiles

Daily Options for Breakfast

Entrées:
#1-General Mill's Whole Grain Cereal Choices
Or
#2-Daily Choice, (listed on the menu)
And /Or
Fruits, Milk, Graham Cracker

Wednesday, January 22

Breakfast
Pancake Pork Sausage Wrap

Lunch
Spicy Sichuan Chicken
OR
Beefy Manwich on Whole Grain Bun

Side: Hawaiian Style Whole Grain Brown Rice & Green Beans

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\$2.00

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Thursday, January 23

Breakfast
Chicken Tortilla Crispito
Wrap w/salsa

Lunch
House Baked Whole Grain Crust Wedge Cheese Pizza
OR
Popcorn Chicken Chunks w/ Lite Ranch or BBQ Dip

Side: Corn on the cob

DON'T 4 GET!

Friday, January 24

Breakfast
Twin Quiches (Turkey Sausage, Egg & Cheese)

Lunch
Hot Off the Grill!
Grilled Cheese Sandwich
OR
Kettle Cooked Saucy Beef & Cheese Taco w/ Taco Sauce

Side: **Campbell's** Tomato Soup
Whole Grain Tortilla Chip Bites

Monday, January 27

Breakfast
Maple Burst Mini Pancakes

Lunch
Mini Beef Cheeseburger
Buddy Sliders
OR
Kona Coast Teriyaki Chicken

Side: Hawaiian Style Whole Grain Brown Rice

Tuesday, January 28

Breakfast
Apple Cinnamon Texas Toast

Lunch
New!! Tyson Chicken Tender Filets
OR
Savory Jennie O' Roasted Turkey Breast w/Turkey Gravy

Side: Idahoan Mashed Potatoes
Whole Grain Roll & Jelly

Wednesday, January 29

Breakfast
Bacon Scramble Square

Lunch
Zesty Chicken Patty Sandwich on Whole Grain Bun
OR
BBQ Beef Rib-B-Q on Whole Grain Hoagie Roll

Side: Baked Potato Spuds

Thursday, January 30

Breakfast
Chicken Tortilla Crispito
Wrap w/salsa

Lunch
House Baked Whole Grain Crust Wedge Pizza,
Pepperoni
OR
Cheese

Side: Hot Corn Kernels



Friday, January 31

Breakfast
Sunnyfresh French Toast Sticks

Lunch
Rainbow Trout Melt on Whole Grain Bun w/ Tartar Sauce
OR
Mozzarella Cheesy Bread Stick

Side: **Campbell's** Mega Noodle Soup

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 or on-line at: **www.EZSchoolPay.com** Please clear balances promptly as they carry over each year.

Thanks!