**Lunches Include:**

- Garden Salad Bar Choices & Sides, plus Milk -- Non or Low-Fat, Unflavored/White

**Entrée Choices:**

- Meatless: Both w/Mozzarella Stick
- #1 Vegan Sunbutter & Jelly Sandwich
- #2 Yogurt Meal
- #3 (see monthly non-cheese options)
- House-Made (see daily menu)
- Other Hot Lunch Entrees: Fresh fruit & more!

**Lunch Menu is Subject to Change**

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### Monday, January 4

**Breakfast**  
Pancake Minis

**Lunch**  
Rich Chicks Tender Filets  
Or  
Cheeseburger Sliders  
Side: Potato Smiles

### Tuesday, January 5

**Breakfast**  
Biscuit & Turkey Sausage Gravy Square

**Lunch**  
Mesquite Chicken Drumstick  
Or  
Crunchy Saucy Beef Taco w/Tapatio  
Side: Cornbread Loaf  
Side: Tostitos Scoops

### Wednesday, January 6

**Breakfast**  
Chicken Tortilla Crispito w/Salsa

**Lunch**  
Crispy Breaded Chicken  
Or  
Artisan French Bread Cheese Pizza  
Side: Coleslaw  
Side: Corn on the Cob

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**Available Daily**

**Breakfast**  
Cheesy Toast

**Lunch**  
All Natural Miller’s Beef Hotdog  
Or  
Bean & Cheese Papusas  
Side: Beef Chili & Beans

**Breakfast**  
Sunnyfresh French Toast Sticks

**Lunch**  
Catch of the Day!  
Tortilla & fresh salsa, pico de gallo jalapeños fresh fruit & more!

**Breakfast**  
Triple Berry French Toast

**Lunch**  
Pork Egg Roll  
Or  
Rich Chicks Tender Filets  
Side: Chow Mein

**Breakfast**  
Italian Turkey Sausage Breakfast Square

**Lunch**  
Sweet Baby Ray’s BBQ Chicken  
Or  
Crunchy Saucy Beef Taco w/Tapatio  
Side: Tostitos Scoops

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**Thursday, January 7**

**Breakfast**  
Cheesy Toast

**Lunch**  
All Natural Miller’s Beef Hotdog  
Or  
Bean & Cheese Papusas  
Side: Beef Chili & Beans

**Thursday, January 8**

**Breakfast**  
Sunnyfresh French Toast Sticks

**Lunch**  
Catch of the Day!  
Tortilla & fresh salsa, pico de gallo jalapeños fresh fruit & more!

**Breakfast**  
Triple Berry French Toast

**Lunch**  
Pork Egg Roll  
Or  
Rich Chicks Tender Filets  
Side: Chow Mein

**Thursday, January 11**

**Breakfast**  
Triple Berry French Toast

**Lunch**  
Pork Egg Roll  
Or  
Rich Chicks Tender Filets  
Side: Chow Mein

**Thursday, January 14**

**Breakfast**  
Eggo Waffles

**Lunch**  
Fernando’s Bean & Cheese Burrito  
Or  
Beef Bun Taco  
Side: Refried Beans

**Thursday, January 15**

**Breakfast**  
Warm Mini Cinni Rolls

**Lunch**  
Catch of the Day!  
Fernando’s Fish Filet Sandwich  
Or  
Italian Turkey Sub Sandwich  
Side: Chicken Noodle Soup  
Side: Raisels

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**Feel free to hit the snooze.**

A little extra time in the morning can mean finishing that last bit of homework . . . or getting a few more minutes of sleep! We can help streamline your mornings by offering your kids a convenient, economical, and healthy alternative for their school-day nutrition. So why not take advantage of this great service? Encourage your kids to join us for breakfast and lunch at school every day!

**No Charge**  
For All Students

**Student Lunch**  
$2.00

Get in touch with us today to learn more about free meals in our district:

- **277-6716, www.scusd.edu/applyformeals**
Tuesday, January 19

**Breakfast**
Maple Turkey Sausage Bagel Wrap

**Lunch**
Chicken Taquitos Or Crunchy Saucy Beef Tacos w/Tapatio

**Side:** Refried Beans

Wednesday, January 20

**Breakfast**
Chicken Tortilla Crispito

**Lunch**
Macaroni and Cheese Or Zesty Chicken Sandwich

**Side:** Steamed Broccoli

Thursday, January 21

**Breakfast**
Sunrise Turkey Sausage Sandwich OR Berry Yogurt Parfait

**Lunch**
Spaghetti w/Meatballs OR Deli Real Chili & Cheese Tamales w/Tapatio

**Side:** Garlic Cheese Toast

**Kids!**
California Food for California Kids!

Friday, January 22

**Breakfast**
Blueberry Muffin

**Lunch**
Turkey and Gravy Or Cheese Pizza

**Side:** Mashed Potatoes

**Side:** Corn Bread

Monday, January 25

**Breakfast**
Pancake Minis

**Lunch**
Rich Chicks Tender Filets Or Cheeseburger Sliders

**Side:** Potato Smiles

Monday, January 26

**Breakfast**
Biscuit & Sausage Gravy Square

**Lunch**
Mesquite Chicken Drumstick Or Crunchy Saucy Beef Taco w/Tapatio

**Side:** Cornbread Loaf
**Side:** Tostitos Scoops

Tuesday, January 26

**Breakfast**
Sunnyfresh French Toast Sticks

**Lunch**
Catch of the Day! Trout Treasures Or Spicy Sichuan Chicken

**Side:** Hawaiian Style Whole Grain Rice

**Side:** Raisels

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**What’s on Your Plate?**

**Grains:** Mostly Whole

**Dairy:**

**Fruits:**

**Vegetables:**

**Protein:**

A lot of people think the tomato is a vegetable, but it’s really a fruit. An especially “fruity” type of tomato is the grape tomato. Try these little sweeties with dip, in salads, or straight out of the carton!

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**Put me in my place!**

Is the tomato a fruit or a vegetable?

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**DON’T 4-GET!**

... and at least three of the five items total go your meal counts as a complete lunch!

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**Veggie**

**Grains**

**Dairy**

**Protein**

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Lentils (shown here with sprouts) are nutrition superstars! These beans provide protein, fiber, iron, and loads of minerals and vitamins. All for just 230 calories per cup (cooked) and very little fat!

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**License to Krill**
Penguins love to gobble krill (tiny shrimp-like creatures), and they also eat squid and fish. Various species of penguins prefer different types of food and hunt at different levels in the water, which reduces competition for food. A penguin chick is fed by both its mother and father until it can hunt for itself.

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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 the line with a check or on-line at: www.EZSchoolpay.com Please clear balances promptly. Thanks!