Available Daily

Lunches Include:
- Garden Salad Bar Choices & Hot Veggie Sides, plus Milk -- Non or Low-Fat, Unflavored/White

Entrée Choices:
- Meatless: Both w/Mozzarella Stick
  - #1 Vegan Sunbutter & Jelly Sandwich
  - #2 Yogurt Meal
- Other Hot Lunch Entrées:
  - #3 (see monthly non-cheese options)
  - #4 House-Made (see daily menu)

Menu is Subject to Change

GOING NATURAL?

There’s no legal definition of the word “natural” on a food label. So it doesn’t really mean much at all. To truly “go natural,” eat lots of whole foods (like fruits, veggies, nuts, beans, lean protein) that don’t have any other ingredients at all -- naturally.

When California is dry, we’re all in a drought

Whatever fruits and vegetables you put on your plate, chances are good that you’re eating produce from California. That’s why the long-lasting drought in California affects everyone, all over the United States. This map shows the extent of the drought as of the end of March 2015 -- which is also the end of the California rain and snow season.

Percentages of U.S. production that comes from California:

- Walnuts 99%
- Almonds 99%
- Artichokes 99%
- Pistachios 98%
- Kiwis 97%
- Plums 97%
- Broccoli 95%
- Celery 95%

- Garlic 95%
- Strawberries 92%
- Grapes 91%
- Tomatoes 90%
- Cauliflower 88%
- Lettuce 74%
- Spinach 71%
- Carrots 69%

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

CALIFORNIA THURSDAYS

California Food for California Kids!

A collaboration between the Center for Ecoliteracy, participating school districts and allied organizations to serve healthy, freshly prepared school meals made from California grown fruits and vegetables.

Thursday, May 28

Breakfast
California Crystal Yogurt Parfait and Oatmeal
Emoji Bar

Lunch
Spaghetti w/Beef Marinara or Kettle Cooked Beef & Cheese Taco
Sides: Zepered’s Salsas
Garlic Cheese Toast

Friday, May 29

Breakfast
Pillsbury Mini Cinni Buns

Lunch
Catch of the Day!

Trout Treasure Shapes or Coleman’s All Natural Chicken Hot Dog on Bun