### Menus for September 2016

**Sacramento City Unified School District**

**Brenda Padilla, Director, Nutrition Services, 916-277-6716**

This institution is an equal opportunity provider. Menus are subject to change.

#### Tuesday, September 6

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Breakfast</th>
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</thead>
<tbody>
<tr>
<td>Yoplait Strawberry Yogurt, Granola Crunch Clusters</td>
<td>Chicken Tortilla Crispito w/Salsa</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
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</thead>
<tbody>
<tr>
<td>Fiesta Lasagna Or Crispy Breaded Chicken</td>
<td>Tostitos Scoops</td>
</tr>
</tbody>
</table>

**Side:** Guacamole

**Side:** Tapatio Sauce

#### Wednesday, September 7

<table>
<thead>
<tr>
<th>Breakfast</th>
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</thead>
<tbody>
<tr>
<td>Chicken Taquitos Or Crunchy Saucy Beef Taco w/Tapatio</td>
<td>Chicken Tortilla Crispito w/Salsa</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
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</tr>
</thead>
<tbody>
<tr>
<td>All Natural Beef Hot Dog Or Chicken Tamale w/Red Sauce</td>
<td>Tostitos Scoops</td>
</tr>
</tbody>
</table>

**Side:** Guacamole

**Side:** Tapatio Sauce

### AVAILABLE DAILY

**New!! Alternative Lunch Choices:**

- Turkey Ham & Cheese Wedge Sandwich
- Sunbutter & Jelly Sandwich Meal
  — Grape or Strawberry

**Breakfast Choices:**

- General Mill’s Whole Grain Cereal
- Or Daily Feature (on the menu)
- And/Or Self-Serve Garden Bar, 100% Orange Juice, Milk, Graham Crackers

**Breakfast:**

- Strawberry Yogurt, Granola Crunch Clusters

**Lunch:**

- Chicken Taquitos Or Crunchy Saucy Beef Taco w/Tapatio

**Side:** Guacamole

**Side:** Tapatio Sauce

### Farm Fresh For You!

**Fresh Produce**

### Why Farm to School?

**HEALTH:** Kids Win

All kids deserve access to nutritious, high quality food. One-third of U.S. children are obese or overweight, and only 2% of children meet the Food Guide Pyramid daily serving recommendations. Schools operating a Farm to School program have shown increases in children’s participation in the school meals program and consumption of fruits and vegetables.

**AGRICULTURE:** Farmers Win

Farm to School supports farming families by increasing market opportunities for farmers, fishers, ranchers, food processors and food manufacturers. Farm to School programs can open up the expansive school food market, estimated at more than $12 billion a year to local farmers.

**ECONOMY:** Communities Win

Farm to School strengthens the community. Farm to School programs create opportunities for developing meaningful community relationships between schools, parents, and local farmers. For every dollar spent on local foods in schools, one to three dollars circulate in the economy.

### Thursday, September 1

**Breakfast**

- Apple Cinnamon Texas Toast

**Lunch**

- Cheeseburger Sliders Or Rich Chicks Tender Filets

**Side:** Baked Potato Tots

### Friday, September 2

**Breakfast**

- Chicken Tortilla Crispito w/Salsa

**Lunch**

- Bean & Cheese Burrito Or Whole Grain Corn Dog

**Side:** Harvest Cheddar Sunchips

### New!! Alternative Lunch Choices:

- Turkey Ham & Cheese Wedge Sandwich
- Sunbutter & Jelly Sandwich Meal
  — Grape or Strawberry

**Breakfast:**

- Italian Turkey Sausage Breakfast Square

**Lunch**

- Primo Pizza Cheese Or Pepperoni

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**NO SCHOOL MONDAY, SEPTEMBER 5**

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**HAPPY LABOR DAY!!**
This month, our school Lunch Farm Garden Bars will feature Heirloom Tomatoes from our local farmer.

Since the early 80's, Jim & Deborah Durst have been growing some of the best-tasting organic produce under the brand names "Hungry Hollow" and "Durst Organic Growers." The Dursts employ farming techniques that build soil fertility while balancing wildlife and insect ecology. The farm practices are based on the maxim, "Feed the soil and the soil will feed the plants."

Durst Organic Growers is a mid-size, fourth generation family farm operation located in California at the mouth of the Capay Valley in Yolo County. Their farm’s unique microclimate and rich soil allow them to grow delicious tasting Asparagus, Melons, Watermelons, Cherry and Heirloom Tomatoes, Peppers, and Winter Squash. All these crops are picked in the cool morning hours and packed and refrigerated immediately for a "vine ripe" superb flavor.