

# Breakfast Menu



# 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Cocoa Puff Cereal <b>OR</b> Trix Cereal Bar</p> <p>Maple Waffle Graham Diced Pears Orange Juice</p>	<p>2</p> <p>Good Morning Sandwich (Egg Patty &amp; Cheese) <b>OR</b> Cheese Stuffed Sandwich</p> <p>Pineapple Wild Cherry Juice</p>	<p>3</p> <p>Snack'n Waffle <b>OR</b> Peanut Butter &amp; Jelly Wafer</p> <p>Diced Peaches Apple Juice</p>	<p>4</p> <p>Morning Sausage Roll* <b>OR</b> Blueberry Breakfast Bread</p> <p>Mixed Fruit Apple Berry Juice</p>	<p>5</p> <p>Bagel Roll <b>OR</b> Muffin</p> <p>Fresh Kiwi Grape Juice</p>
<p>8</p> <p>Frosted Flakes Multi-Grain Cereal <b>OR</b> Mini Muffin</p> <p>Trix Yogurt Fresh Apple Slices Orange Juice</p>	<p>9</p> <p>French Toast Sticks <b>OR</b> Mini Pancakes</p> <p><i>Strawberries</i> Apple Berry Juice</p>	<p>10</p> <p>Muffin <b>OR</b> Pan Dulce</p> <p>Applesauce Cup Grape Juice</p>	<p>11</p> <p>Turkey Sausage Breakfast Pizza <b>OR</b> Home-style Cornbread</p> <p>Diced Peaches Wild Cherry Juice</p>	<p>12</p> <p>Apple Jacks Cereal <b>OR</b> Rice Chex Cereal</p> <p>Fresh Banana Apple Juice</p>
<p>15</p> <p>Cocoa Puff Cereal <b>OR</b> Trix Cereal Bar</p> <p>Pineapple Grape Juice</p>	<p>16</p> <p>Breakfast Bread <b>OR</b> Egg Wrap</p> <p>Diced Pears Orange Juice</p>	<p>17</p> <p>Snack'n Waffle <b>OR</b> Bagel Roll</p> <p>Mixed Fruit Apple Berry Juice</p>	<p>18</p> <p>Pancake Sausage Stickwich* <b>OR</b> Pizza Bagel</p> <p>Apricot Halves Apple Juice</p>	<p>19</p> <p>Muffin <b>OR</b> Peanut Butter &amp; Jelly Wafer</p> <p>Fresh Orange Wild Cherry Juice</p>
<p>22</p> <p>Cinnamon Toast Crunch Cereal Bar <b>OR</b> Froot Loops Cereal</p> <p>Trix Yogurt Diced Peaches Orange Juice</p>	<p>23</p> <p>Mini Pancakes <b>OR</b> Scrambled Eggs w/Ham &amp; Tortilla*</p> <p>Fresh Orange Grape Juice</p>	<p>24</p> <p>Mini Muffin <b>OR</b> Cheerios Cold Cereal</p> <p>Mixed Fruit Wild Cherry Juice</p>	<p>25</p> <p>Breakfast Burrito* <b>OR</b> Foody's A-Z Bread</p> <p>Diced Pears Apple Juice</p>	<p>26</p> <p>Bagel Roll <b>OR</b> Pan Dulce</p> <p>Fresh Banana Apple Berry Juice</p>
<p>29</p>	<p>30</p> <p>Good Morning Sandwich* (Pork Ham &amp; Cheese) <b>OR</b> Cheesy Egg Omelet w/Flavored Cracker</p> <p>Pineapple Wild Cherry Juice</p>	<p>31</p> <p>Snack'n Waffle <b>OR</b> Peanut Butter &amp; Jelly Wafer</p> <p>Diced Peaches Apple Juice</p>	<p><b>June</b> June 1<sup>st</sup>, 2017 Cold Cereal w/Flavored Cracker <b>OR</b> Muffin</p> <p>Mixed Fruit Apple Berry Juice</p>	

## Monthly Highlights:



The school year is coming to an end, but Nutrition Services wants to keep students fed! Visit us at [www.sbcusdnutritionservices.org](http://www.sbcusdnutritionservices.org) to find locations within the city for free meal(s) for children under the age of 18 during the summer break.

**SCHOOL MEALS ARE AVAILABLE TO ALL STUDENTS AT NO CHARGE!**



### Income Survey: 2017-2018 School Year



Free meals AND extra funding for your school?! Fill out the income survey as soon as possible and turn it in your school or Nutrition Services to assure that your school gets funding for computers, books, supplies, and more! Surveys will be mailed home but it can also be accessed online at <https://onlineincomesurvey.sbcusd.com>



**Milk is served daily with each meal – choice of non-fat chocolate, non-fat strawberry or 1% white milk. Make half your plate fruits & vegetables**

# Lunch Menu



# 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Bean & Cheese Burrito <b>OR</b> Mini Bar-B-Que Beef Sandwich Grape Juice	<b>2</b> Bosco's Pizza Stick* <b>OR</b> Turkey Gravy w/Mashed Potatoes w/Wheat Dinner Roll Fresh Apple Slices	<b>3</b> Beef Soft Taco <b>OR</b> Chicken Fajita Soft Taco Goldfish Cracker Fresh Orange	<b>4</b> Hot Dog on a Bun <b>OR</b> Hot Ham & Cheese Sandwich* Baked Potato Wedges Fresh Pear	<b>5</b> <b>Cinco De Mayo</b> Cheese Pizza <b>OR</b> Mandarin Orange Chicken w/Steamed Rice <i>Fiesta Treat</i> Apple Juice
<b>8</b> Cheese Calzone <b>OR</b> California Chicken Chili and Home-style Cornbread Raisins	<b>9</b> Pasta w/Meat Sauce & Cheesy Breadstick <b>OR</b> Popcorn Chicken w/Cheese Crackers Watermelon Frozen Juice	<b>10</b> Taco Salad w/Flavored Cracker <b>OR</b> Grilled Cheese Sandwich Fresh Pear	<b>11</b> Hamburger on a Bun <b>OR</b> Corn Dog Baked Potato Wedge <i>Fresh Strawberries</i>	<b>12</b> Turkey Ham & Cheese Wedge Sandwich <b>OR</b> Peanut Butter & Jelly Sandwich Grape Juice
<b>15</b> Teriyaki Beef Bites w/Steamed Rice <b>OR</b> Bosco's Pizza Stick* Fresh Apple Slices	<b>16</b> Turkey Gravy & Mashed Potatoes <b>OR</b> Chicken Nuggets Flavored Cracker Apple Juice	<b>17</b> Nacho Cheese w/Mini Tortilla Chips <b>OR</b> Bean & Cheese Burrito Fresh Orange	<b>18</b> Pork-Rib-Que Sandwich* <b>OR</b> Billy's Sloppy Joe Sandwich Baked Potato Wedges Fresh Pear	<b>19</b> Wild Mike's Cheese Pizza <b>OR</b> Chicken Fajita Soft Taco w/Goldfish Crackers Grape Juice
<b>22</b> Macaroni & Cheese <b>OR</b> Corn Dog Applesauce Cup	<b>23</b> Chicken Tenders <b>OR</b> Pasta w/Meat Sauce & Cheesy Breadstick Tropical Frozen Fruit Juice	<b>24</b> Beef Chalupa <b>OR</b> Fish Nuggets Flavored Cracker Fresh Apple Slices	<b>25</b> Chicken Sandwich <b>OR</b> Mini Cheeseburgers Baked Potato Wedges Fresh Orange	<b>26</b> Grilled Cheese Sandwich <b>OR</b> Pepperoni Pizza* Wild Cherry Juice
<b>29</b> 	<b>30</b> Bosco's Pizza Stick* <b>OR</b> Turkey Gravy w/Mashed Potatoes w/Wheat Dinner Roll Fresh Apple Slices	<b>31</b> Beef Soft Taco <b>OR</b> Chicken Fajita Soft Taco Goldfish Cracker Fresh Orange	<b>June 1st - Sack Lunch</b> Turkey Ham & Cheese Wedge Sandwich <b>OR</b> Peanut Butter & Jelly Sandwich Raisins 	
<u>Monday Salad Bar</u> California Mixed Greens Corn Ranch Dressing	<u>Tuesday Salad Bar</u> California Mixed Greens Garbanzo Beans Italian Dressing	<u>Wednesday Salad Bar</u> California Mixed Greens Black Beans Jicama Sticks Ranch Dressing	<u>Thursday Salad Bar</u> California Mixed Greens Green Beans Italian Dressing	<u>Friday Salad Bar</u> California Mixed Greens Baby Carrots Broccoli Ranch Dressing

If all the strawberries produced in California this year were laid berry to berry, they would wrap around the world 15 times – enough to provide every household in the United States with 12 one-pint baskets

**A ½ cup of sliced strawberries** (about 4 large strawberries) provides:

- An excellent source of vitamin C – more than 80% of the recommended Daily Value.
- A source of fiber and folate.

Milk is served daily with each meal – choice of non-fat chocolate, non-fat strawberry or 1% white milk. **Make half your plate fruits & vegetables!**