

ABC Unified School District



ATTENTION PARENTS !

Time to submit your child's school lunch application!

How to apply:

- Online at www.school lunchapp.com (the fastest way to get your application processed!)
- or
- Submit a completed paper application to your child's school or to the Nutrition Services Central Kitchen Office (12255 Cuesta Dr. Cerritos, CA)

NEW MEAL PRICES

| | |
|-------------------|--------|
| Lunch K-6 | \$2.80 |
| Lunch 7-8 | \$3.05 |
| Lunch 9-12 | \$3.30 |
| Reduced Lunch | \$.40 |
| Breakfast K-6 | \$1.25 |
| Breakfast 7-12 | \$1.50 |
| Reduced Breakfast | \$.30 |
| Milk Only | \$.50 |

Visit our Nutrition Services Website!

www.abCafe.us

- Online Meal Applications
- School Menus
- Menu Nutrition Info
- Prepayment Options
- Nutritious Recipes
- Allergen Info

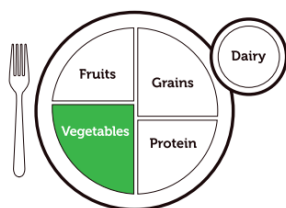


Carrot

WHAT IS IT?

The carrot is a root vegetable. The edible part of a carrot is known as a "taproot."

HOW IT FITS IN MYPLATE



FACTS

A ½ cup of fresh or cooked carrots is:

- An excellent source of vitamin A, providing more than 200% of the recommended Daily Value.
- A good source of vitamin K. n A source of vitamin C, fiber, and potassium

Healthy Serving Ideas

- Eat carrot sticks dipped in a light dressing for a healthy snack
- Add shredded carrots to coleslaw for extra color and flavor.

OCTOBER 2020

GRAB & GO MENU

Breakfast

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|------------|--------------|------------|-------------------|
| *Maple Sunrise Bites 5 | *Cereal 6 | *Pancakes 7 | *Cereal 8 | *Breakfast Bar 9 |
| *Maple Sunrise Bites 12 | *Cereal 13 | *Pancakes 14 | *Cereal 15 | *Breakfast Bar 16 |
| *Maple Sunrise Bites 19 | *Cereal 20 | *Pancakes 21 | *Cereal 22 | *Breakfast Bar 23 |
| *Maple Sunrise Bites 26 | *Cereal 27 | *Pancakes 28 | *Cereal 29 | *Breakfast Bar 30 |

Lunch

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--------------------------------------|---|---------------------------------------|
| ***Pork Rib-B-Que OR *Grilled Cheese 5 | *Cheese Pizza OR *Grilled Cheese 6 | Chicken Nuggets OR *Grilled Cheese 7 | Turkey Taco Empanada OR *Grilled Cheese 8 | Turkey Hot Dog OR *Grilled Cheese 9 |
| Chicken Patty Sandwich OR *Burrito 12 | *Cheese Pull-A-Parts OR *Burrito 13 | Chicken Nuggets OR *Burrito 14 | Cheeseburger OR *Burrito 15 | Turkey Hot Dog OR *Burrito 16 |
| ***Pork Rib-B-Que OR *Grilled Cheese 19 | Turkey Taco Empanada OR *Grilled Cheese 20 | *Cheese Pizza OR *Grilled Cheese 21 | Turkey Hot Dog OR *Grilled Cheese 22 | Chicken Nuggets OR *Grilled Cheese 23 |
| Chicken Patty Sandwich OR *Burrito 26 | *Cheese Pull-A-Parts OR *Burrito 27 | Cheeseburger OR *Burrito 28 | Turkey Hot Dog OR *Burrito 29 | Chicken Nuggets OR *Burrito 30 |

Sides

Meals served W/Fruit, Veggie & Milk

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|--|----------------------------|----------------------------|----------------------------|----------------------------|
| *Vegetables | Carrots | Salsa OR Marinara | Potato | Baked Beans | Corn |
| *Fruits | Fresh Fruit & Cupped Fruit | Fresh Fruit & Cupped Fruit | Fresh Fruit & Cupped Fruit | Fresh Fruit & Cupped Fruit | Fresh Fruit & Cupped Fruit |
| *Milk | 1% White Milk and Nonfat Chocolate Milk Available. | | | | |

*Vegetarian Option **Contains Pork

Menu subject to change, entrée choices are not guaranteed throughout the entire meal services.

This institution is an equal opportunity provider.