



ALL MEALS ARE AT NO COST TO ALL STUDENTS.



# Alum Rock Union Elementary School District

## Middle 6-8 • January - March 2019

Menu Key  
(V) Vegetarian  
(C) Chicken  
(B) Beef  
(P) Pork  
(T) Turkey

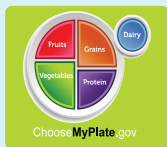
Select at least 3 FOOD ITEMS

To make a **Breakfast!**  
Must take an Entrée and 1/2 cup Fruit or Juice

Please encourage your child to select at least one fruit or vegetable every day for better health!

### Lunch Salad Bar:

Fresh Mix Salads, Fresh Vegetables, Legumes and so much more!



### What Makes A Complete Lunch?

Choose At Least 3 Different food components  
AND  
One Must Be 1/2 Cup Of Fruit or Vegetable

- ★ FRUIT
- ★ VEGETABLE
- ★ PROTEIN
- ★ GRAIN
- ★ MILK



\*Vegetarian Options Available Upon Request!

### Breakfast

For Ocala, DCP, Renaissance at Mathson, and Renaissance at Fischer:

Mon: French Toast Sticks w/ Sausage Patty (C)  
Tue: Sweet Potato Muffin Top (V)  
Wed: Bagel w/ Cream Cheese (V)  
Thurs: Waffle with Sausage Patty (C)  
Fri: Breakfast Bagel Sandwich (B)

For Fischer, George, Mathson, and Sheppard:

Mon: French Toast Sticks w/ Sausage Patty (C)  
Tue: Hot Breakfast Sandwich (T)  
Wed: Scrambled Eggs w/ Tortilla and Salsa (B)  
Thurs: Waffle with Sausage Patty (C)  
Fri: Breakfast Flatbread (V)

Monday Mambo Italiano	Tuesday Sabor Mexicano	Wednesday Asian Fusion	Thursday American Fair	Friday Cultural Feast
<b>Jan 7</b> Pepperoni Pizza (C) OR Chicken Caesar Salad (C) Fresh Fruit	<b>Jan 8</b> Supreme Nachos (B/V) OR Deli Sandwich & Side Salad (T) Fresh Fruit	<b>Jan 9</b> Egg Rolls with Chow Mein Bowl (C) OR Chinese Chicken Salad (C) Fresh Fruit	<b>Jan 10</b> Spicy Chicken Sandwich (C) OR Mac and Cheese with Drumstick (C) Fresh Fruit	<b>Jan 11</b> Pork Chop Mashed Potatoes and Gravy (P) OR Freshly Baked Deli Sandwich (T) Fruit Bowl
<b>Jan 14</b> Alfredo Primavera Pasta (C) OR Chicken Caesar Salad (C) Fresh Fruit	<b>Jan 15</b> Mini Flatbread Tacos with Spanish Rice (C) OR Deli Sandwich & Side Salad (T) Fresh Fruit	<b>Jan 16</b> Orange Chicken and Rice (C) OR Chinese Chicken Salad (C) Fresh Fruit	<b>Jan 17</b> Hot Dog (B) OR Chicken Strips with Seasoned Wedges (C) Fresh Fruit	<b>Jan 18</b> Supreme Burrito (B) OR Freshly Baked Deli Sandwich (T) Fruit Bowl
<b>Jan 21</b> MARTIN LUTHER KING CELEBRATION DAY 	<b>Jan 22</b> Supreme Nachos (B/V) OR Deli Sandwich & Side Salad (T) Fresh Fruit	<b>Jan 23</b> Egg Rolls with Chow Mein Bowl (C) OR Chinese Chicken Salad (C) Fresh Fruit	<b>Jan 24</b> Jalapeño Burger (B) OR Mini Corn Dogs with Seasoned Wedges (C) Fresh Fruit	<b>Jan 25</b> Street Tacos (P) OR Freshly Baked Deli Sandwich (T) Fruit Bowl
<b>Jan 28</b> Alfredo Primavera Pasta (C) OR Chicken Caesar Salad (C) Fresh Fruit	<b>Jan 29</b> Pozole (P) OR Deli Sandwich & Side Salad (T) Fresh Fruit	<b>Jan 30</b> Teriyaki Chicken and Rice (C) OR Chinese Chicken Salad (C) Fresh Fruit	<b>Jan 31</b> Spicy Chicken Sandwich (C) OR Mac and Cheese with Drumstick (C) Fresh Fruit	<b>Feb 1</b> Pork Chop Mashed Potatoes and Gravy (P) OR Freshly Baked Deli Sandwich (Tuna) Fruit Bowl
<b>Feb 4</b> Pepperoni Pizza (C) OR Chicken Caesar Salad (C) Fresh Fruit	<b>Feb 5</b> Mini Flatbread Tacos with Spanish Rice (C) OR Deli Sandwich & Side Salad (T) Fresh Fruit	<b>Feb 6</b> Orange Chicken and Rice (C) OR Chinese Chicken Salad (C) Fresh Fruit	<b>Feb 7</b> Hot Dog (B) OR Chicken Strips with Seasoned Wedges (C) Fresh Fruit	<b>Feb 8</b> Supreme Burrito (B) OR Freshly Baked Deli Sandwich (Tuna) Fruit Bowl
<b>Feb 11</b> Chicken Parmesan (C) OR Chicken Caesar Salad (C) Fresh Fruit	<b>Feb 12</b> Supreme Nachos (B/V) OR Deli Sandwich & Side Salad (T) Fresh Fruit	<b>Feb 13</b> Egg Rolls with Chow Mein Bowl (C) OR Chinese Chicken Salad (C) Fresh Fruit	<b>Feb 14</b> Jalapeño Burger (B) OR Mini Corn Dogs with Seasoned Wedges (C) Fresh Fruit	<b>Feb 15</b> Street Tacos (P) OR Freshly Baked Deli Sandwich (Tuna) Fruit Bowl



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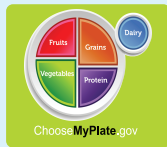


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Monday Mambo Italiano    Tuesday Sabor Mexicano    Wednesday Asian Fusion    Thursday American Fair    Friday Cultural Feast



Monday Mambo Italiano	Tuesday Sabor Mexicano	Wednesday Asian Fusion	Thursday American Fair	Friday Cultural Feast
Feb 18-22 <b>Winter Break</b>				
<b>Feb 25</b> Pepperoni Pizza (C) OR Chicken Caesar Salad (C) Fresh Fruit	<b>Feb 26</b> Spicy Chicken Sandwich (C) OR Mac and Cheese with Drumstick (C) Fresh Fruit	<b>Feb 27</b> Teriyaki Chicken and Rice (C) OR Chinese Chicken Salad (C) Fresh Fruit	<b>Feb 28</b> Pozole (P) OR Deli Sandwich & Side Salad (T) Fresh Fruit	<b>Mar 1</b> Pork Chop Mashed Potatoes and Gravy (P) OR Freshly Baked Deli Sandwich (Tuna) Fruit Bowl
<b>Mar 4</b> Alfredo Primavera Pasta (C) OR Chicken Caesar Salad (C) Fresh Fruit	<b>Mar 5</b> Mini Flatbread Tacos with Spanish Rice (C) OR Deli Sandwich & Side Salad (T) Fresh Fruit	<b>Mar 6</b> Orange Chicken and Rice (C) OR Chinese Chicken Salad (C) Fresh Fruit	<b>Mar 7</b> Hot Dog (B) OR Chicken Strips with Seasoned Wedges (C) Fresh Fruit	<b>Mar 8</b> Supreme Burrito (B) OR Freshly Baked Deli Sandwich (Tuna) Fruit Bowl
<b>Mar 11</b> Chicken Parmesan (C) OR Chicken Caesar Salad (C) Fresh Fruit	<b>Mar 12</b> Supreme Nachos (B/V) OR Deli Sandwich & Side Salad (T) Fresh Fruit	<b>Mar 13</b> Egg Rolls with Chow Mein Bowl (C) OR Chinese Chicken Salad (C) Fresh Fruit	<b>Mar 14</b> Jalapeño Burger (B) OR Mini Corn Dogs with Seasoned Wedges (C) Fresh Fruit	<b>Mar 15</b> Street Tacos (P) OR Freshly Baked Deli Sandwich (T) Fruit Bowl
<b>Mar 18</b> Alfredo Primavera Pasta (C) OR Chicken Caesar Salad (C) Fresh Fruit	<b>Mar 19</b> Pozole (P) OR Deli Sandwich & Side Salad (T) Fresh Fruit	<b>Mar 20</b> Teriyaki Chicken and Rice (C) OR Chinese Chicken Salad (C) Fresh Fruit	<b>Mar 21</b> Spicy Chicken Sandwich (C) OR Mac and Cheese with Drumstick (C) Fresh Fruit	<b>Mar 22</b> Pork Chop Mashed Potatoes and Gravy (P) OR Freshly Baked Deli Sandwich (Tuna) Fruit Bowl
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