

ALL MEALS ARE AT NO COST TO ALL STUDENTS.





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

Feast

OR

Supreme

OR

OR

OR

Freshly

Supreme

OR

Freshly

Baked Deli

Sandwich (Tuna)

Fruit Bowl



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)

For Fischer, George, Mathson, and Sheppard:

Fri: Breakfast Bagel Sandwich (B)

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

Feb 11 Chicken Parmesan (C)

> OR **Chicken Caesar** Salad (C) Fresh Fruit

> **Chicken Caesar**

Salad (C)

Fresh Fruit

OR **Deli Sandwich &**

Side Salad (T) Fresh Fruit

Supreme

Nachos (B/V)

OR

Feb 12

Feb 13

Egg Rolls with **Chow Mein** Bowl (C) OR

Chinese Chicken

Salad (C)

Fresh Fruit

Deli Sandwich & **Chinese Chicken** Side Salad (T) Fresh Fruit Salad (C) Fresh Fruit

Feb 14

Jalapeño Burger (B) OR **Mini Corn Dogs** with Seasoned Wedges (C) Fresh Fruit

with Seasoned

Wedges (C)

Fresh Fruit

Feb 15

Street Tacos (P) OR Freshly **Baked Deli** Sandwich (Tuna) Fruit Bowl



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 of 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!



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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 <u>American Fair</u> Friday Cultural



Feb 25

Pepperoni Pizza (C) OR

Chicken Caesar Salad (C) Fresh Fruit

Feb 26

Spicy Chicken Sandwich (C) OR Mac and Cheese with Drumstick (C)

Fresh Fruit

Feb 27

Teriyaki Chicken and Rice (C) OR **Chinese Chicken** Salad (C) Fresh Fruit

Feb 28

Pozole (P) OR **Deli Sandwich &** Side Salad (T) Fresh Fruit

Mar 1

Pork Chop Mashed Potatoes and Gravy (P) OR Freshly **Baked Deli** Sandwich (Tuna) Fruit Bowl

Mar 4

Alfredo Primavera Pasta (C)

Chicken Caesar Salad (C)

Fresh Fruit

OR

Mar 5

Mini Flatbread Tacos with Spanish Rice (C) OR **Deli Sandwich &**

Side Salad (T)

Fresh Fruit

Mar 6

Orange Chicken and Rice (C) OR Chinese Chicken

Salad (C) Fresh Fruit Mar 7

Hot Dog (B) OR **Chicken Strips** with Seasoned Wedges (C) Fresh Fruit

Mar 8

Supreme **Burrito (B)** OR Freshly

Baked Deli Sandwich (Tuna)

Fruit Bowl

Mar 11

Chicken Parmesan (C) OR **Chicken Caesar**

Salad (C) Fresh Fruit

Mar 12

Supreme Nachos (B/V) OR **Deli Sandwich &**

Side Salad (T) Fresh Fruit

Mar 13

Egg Rolls with Chow Mein Bowl (C) OR

Chinese Chicken Salad (C)

Fresh Fruit

Mar 14

Jalapeño Burger (B) ÖR Mini Corn Dogs with Seasoned

Wedges (C) Fresh Fruit

Mar 15

Street Tacos (P) OR

Freshly Baked Deli Sandwich (T)

Fruit Bowl

Mar 18

Alfredo Primavera Pasta (C) OR

Chicken Caesar Salad (C) Fresh Fruit

Mar 19

Pozole (P) OR

Deli Sandwich & Side Salad (T)

Fresh Fruit

Mar 20

Teriyaki Chicken and Rice (C) OR

Chinese Chicken Salad (C)

Fresh Fruit

Mar 21

Spicy Chicken Sandwich (C) OR

Mac and Cheese with Drumstick (C) Fresh Fruit

Mar 22

Pork Chop Mashed Potatoes and Gravy (P) OR Freshly

Baked Deli Sandwich (Tuna)

Fruit Bowl

Mar 25

Pepperoni Pizza (C) OR

Chicken Caesar Salad (C) Fresh Fruit

Mar 26

Mini Flatbread Tacos with Spanish Rice (C) OR

Deli Sandwich & Side Salad (T) Fresh Fruit

Mar 27

Orange Chicken and Rice (C) OR **Chinese Chicken**

Salad (C) Fresh Fruit Mar 28

Hot Dog (B) **Chicken Strips** with Seasoned Wedges (C) Fresh Fruit

Mar 29

Cesar Chavez



Menu Subject to change without notice. This institution is an equal opportunity provider.