

♥ Elementary Vegetarian Menu ♥

All schools offer a vegetarian option that includes a PB&J Uncrustable Sandwich with string cheese and cheez-it crackers or an Entrée Salad bar with String Cheese and Crackers. If you would like to have the options available below, we would be happy to accommodate you. Just notify your local cafeteria at least one week in advance and let them know how often your child will be joining us for lunch.

Harvest of the Month
 Network for a Healthy California

The Harvest of the Month featured vegetable is...
Salad Greens!!!

MONDAY'S	TUESDAY'S	WEDNESDAY'S	THURSDAY'S	FRIDAY'S
Meatless Mondays Special (See Regular Menu)	Bean & Cheese Burrito	Cheesy Bread Bites w/ Marinara	Cheese Pizza	PB & J Uncrustable or Cheese & Crackers

Menu subject to change without notice!

LUNCH INCLUDES

Fresh Fruit & Salad Bar

- Fresh Sliced Watermelon, Grapes or Strawberries (available when in season)
- Fresh Apples, Oranges, Bananas
- Chilled Peaches, Pears or Applesauce
 - Green Lettuce
 - Baby Carrots
 - Corn or Beans
- Green Beans or Crisp Cucumber
- Ranch Dressing

Choice of Beverages

- Low-Fat Milk
- Non-Fat Chocolate Milk
- 100% Fruit Juice



Why Salad Bars in Schools?

- ~ Increases children's consumption of fresh fruits and vegetables.
- ~ By incorporating greater variety into their diets, children respond by trying new items.
- ~ Through these early, positive experiences, students are better prepared for a lifetime of healthy eating.

On the go Menu!

Download the QR Reader to your cell phone, scan the bar code and zoom you are at our website. All our nutritional information & menu at your finger tips!



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