



# August-December 2017 Jr. High School Menu (Grades 6-8) Lunch \$3.00 for Grades 6-12



**Meal Account Info:**  
(925) 473-2419  
[www.pittsburg.k12.ca.us](http://www.pittsburg.k12.ca.us)

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## SCHOOL MEAL IS THE REAL DEAL - CHILD NUTRITION DEPARTMENT SALAD BAR IS INCLUDED WITH A BREAKFAST AND LUNCH FULL MEAL PURCHASE

Our salad bar is offered daily and is loaded with fresh, local, seasonal fruits and vegetables



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted Reduced-Sugar Cereal Cup w/Graham Cracker ●	Assorted Reduced-Sugar Cereal Cup ●	Assorted Reduced-Sugar Cereal Cup w/Graham Cracker ●	Assorted Reduced Sugar Cereal Cup ●	Assorted Reduced-Sugar Cereal Cup w/Graham Cracker ●
	Fresh-Baked Muffin ●	Whole Grain Blueberry Mini Waffles ●	Honey Breakfast Bar ●	Fresh-Baked Muffin ●	Whole Grain Breakfast Bar ●
Lunch	Bosco Filled Sticks w/Cheese & Turkey Ham ●●	English Muffin w/Sausage Patty & Cheese ●●	Bagel Thin w/Cream Cheese ●●	Scrambled Eggs w/Sliced Toast ●●	Whole Grain Cinnamon Roll ●
	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●
	Cheese, Pepperoni & Veggie Pizza ●●	Cheese, Pepperoni & Veggie Pizza ●●	Cheese, Pepperoni & Veggie Pizza ●●	Cheese, Pepperoni & Veggie Pizza ●●	Cheese, Pepperoni & Veggie Pizza ●●
	Cheeseburger w/Lettuce & Sliced Tomatoes ●●●	Cheeseburger w/Lettuce & Sliced Tomatoes ●●●	Cheeseburger w/Lettuce & Sliced Tomatoes ●●●	Cheeseburger w/Lettuce & Sliced Tomatoes ●●●	Cheeseburger w/Lettuce & Sliced Tomatoes ●●●
	Fruited Yogurt Parfait w/Granola (V) ●●●	Fruited Yogurt Parfait w/Granola (V) ●●●	Fruited Yogurt Parfait w/Granola (V) ●●●	Fruited Yogurt Parfait w/Granola (V) ●●●	Fruited Yogurt Parfait w/Granola (V) ●●●
	Spicy Chicken Burger ●●	Spicy Chicken Burger ●●	Spicy Chicken Burger ●●	Spicy Chicken Burger ●●	Spicy Chicken Burger ●●
	Bean & Cheese Pupusa w/Pickled Cabbage (V) ●●●	Deluxe Nacho w/Fresh Salsa (V) ●●●	Pepperoni Calzone w/Marinara Sauce ●●●	Deluxe Nacho w/Fresh Salsa (V) ●●●	Bean & Cheese Pupusa w/Pickled Cabbage (V) ●●●
	Orange Chicken Chow Mein w/Asian Vegetables ●●●	Cherry Blossom Chicken Rice Bowl w/Steamed Carrots ●●●	Orange Chicken Chow Mein w/Asian Vegetables ●●●	Kung Pao Chicken Rice Bowl w/Steamed Green Beans ●●●	Orange Chicken Chow Mein w/Asian Vegetables ●●●
	Roast Turkey & Cheese Ciabatta Sandwich ●●●	Philly CheeseSteak Sandwich ●●●	Vegetarian Hummus Sandwich (V) ●●●	Philly CheeseSteak Sandwich ●●●	Roast Turkey & Cheese Ciabatta Sandwich ●●●
	Rice, Bean & Cheese Burrito (V) ●●●	Spaghetti Bolognese w/Dinner Roll ●●●	Rice, Bean & Cheese Burrito (V) ●●●	Lavash Wrap w/Turkey & Cheese ●●●	Rice, Bean & Cheese Burrito (V) ●●●
Fall Salad (Diced Chicken, Cheese, Sliced Apples & Croutons) w/Dinner Roll ●●●	Spicy Chicken Salad w/Cornbread ●●●	Fall Salad (Diced Chicken, Cheese, Sliced Apples & Croutons) w/Dinner Roll ●●●	Spicy Chicken Salad w/Cornbread ●●●	Fall Salad (Diced Chicken, Cheese, Sliced Apples & Croutons) w/Dinner Roll ●●●	
Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●	

\*Contains Pork \*\*Contains Peanuts (V) = Vegetarian

This menu meets the dietary requirements for calories, fat, saturated fat, iron, calcium, Vitamin A, Vitamin C, cholesterol, sodium and fiber for students in this age group. Menu subject to substitutions.



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**Menu subject to substitutions.** In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to: USDA, Director, Office of Adjudication 1400 Independence Avenue, S.W. Washington, DC 20250-9410 Or call 866 632-9992 (voice). Individuals who are hearing-impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339, or 800-845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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