



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

PLEASE SCAN WITH SMART PHONE TO VISIT CHILD NUTRITION WEBSITE



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

Assorted Reduced-Sugar Cereal Cup w/Graham Cracker

Fresh-Baked Muffin

Bosco Filled Sticks w/Cheese & Turkey
Ham ••

Milk 8 oz.

Cheese, Pepperoni & Veggie Pizza ••

Cheeseburger w/Lettuce & Sliced Tomatoes

Fruited Yogurt Parfait w/Granola (V)

Spicy Chicken Burger ••

Bean & Cheese Pupusa w/Pickled Cabbage (V) •••

Orange Chicken Chow Mein w/Asian Vegetables

Roast Turkey & Cheese Ciabatta
Sandwich

Rice, Bean & Cheese Burrito (V) •••

Fall Salad (Diced Chicken, Cheese, Sliced Apples & Croutons) w/Dinner Roll

Milk 8 oz.

Tuesday

Assorted Reduced-Sugar Cereal Cup •

Whole Grain Blueberry Mini Waffles

English Muffin w/Sausage Patty & Cheese •••

Milk 8 oz.

Cheese, Pepperoni & Veggie Pizza

Cheeseburger w/Lettuce & Sliced Tomatoes •••

Fruited Yogurt Parfait w/Granola (V)

Spicy Chicken Burger ••

Deluxe Nacho w/Fresh Salsa (V) •••

Cherry Blossom
Chicken Rice Bowl
w/Steamed Carrots

Philly CheeseSteak Sandwich •••

Spaghetti Bolognese w/Dinner Roll

Spicy Chicken Salad w/Cornbread •••

Milk 8 oz.

Wednesday

Assorted Reduced-Sugar Cereal Cup w/Graham Cracker •

Honey Breakfast Bar

Bagel Thin w/Cream Cheese ••

Milk 8 oz.

Cheese, Pepperoni & Veggie Pizza ••

Cheeseburger w/Lettuce & Sliced Tomatoes

Fruited Yogurt Parfait w/Granola (V)

Spicy Chicken Burger ••

Pepperoni Calzone w/Marinara Sauce •••

Orange Chicken Chow Mein w/Asian Vegetables •••

Vegetarian Hummus Sandwich (V) •••

Rice, Bean & Cheese Burrito (V) •••

Fall Salad (Diced Chicken, Cheese, Sliced Apples & Croutons) w/Dinner Roll •••

Milk 8 oz.

Thursday

Assorted Reduced Sugar Cereal Cup

Fresh-Baked Muffin •

Scrambled Eggs w/Sliced Toast

Milk 8 oz.

Cheese, Pepperoni & Veggie Pizza ••

Cheeseburger w/Lettuce & Sliced Tomatoes •••

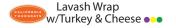
Fruited Yogurt Parfait w/Granola (V)

Spicy Chicken Burger ••

Deluxe Nacho w/Fresh Salsa (V) •••

Kung Pao Chicken Rice Bowl w/Steamed Green Beans

Philly CheeseSteak Sandwich •••



Spicy Chicken Salad w/Cornbread •••

Milk 8 oz. •

Friday

Assorted Reduced-Sugar Cereal Cup w/Graham Cracker

Whole Grain Breakfast Baro

Whole Grain Cinnamon Roll

Milk 8 oz.

Cheese, Pepperoni & Veggie Pizza ••

Cheeseburger w/Lettuce & Sliced Tomatoes

Fruited Yogurt Parfait w/Granola (V)

Spicy Chicken Burger ••

Bean & Cheese Pupusa w/Pickled Cabbage (V)

Orange Chicken Chow Mein w/Asian Vegetables •••

Roast Turkey & Cheese Ciabatta Sandwich •••

Rice, Bean & Cheese Burrito (V) •••

Fall Salad (Diced Chicken, Cheese, Sliced Apples & Croutons) w/Dinner Roll

Milk 8 oz. •

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.

LOOK FOR THIS ICON ON YOUR DAILY MENU BOARD TO DISCOVER WHAT THE FEATURED CALIFORNIA FRESH ITEM IS! Child Nutrition office strives to source 75% of your food from California!

Payment for school meals may now be made online! With MY SCHOOL BUCKS parents can use a credit card or checking account to make a one-time payment or to set up automatic parents payments to manage their child/children's meal accounts. There is no fee for this service. PLEASE SCAN WITH SMART PHONE TO VISIT MY SCHOOL BUCKS

