

August-December 2017 Grades Pre-k-5 Menu

Lunch \$2.75



Meal Account Info:
(925) 473-2419
www.pittsburg.k12.ca.us

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SCHOOL MEAL IS THE REAL DEAL - CHILD NUTRITION DEPARTMENT

Breakfast Entrée Choices

Monday	Fresh-Baked Muffin ● Bosco Filled Sticks w/Cheese & Turkey Ham ●● Assorted Reduced-Sugar Cereal Cup ● Milk 8 oz. ●	Tuesday	Whole Grain Blueberry Mini Waffles ● English Muffin w/Sausage Patty & Cheese ●● Assorted Reduced-Sugar Cereal Cup with Graham Crackers ● Milk 8 oz. ●	Wednesday	Honey Breakfast Bar ● Bagel Thin w/Cream Cheese ●● Assorted Reduced-Sugar Cereal Cup ● Milk 8 oz. ●	Thursday	Fresh-Baked Muffin ● Scrambled Eggs w/Sliced Toast ●● Assorted Reduced-Sugar Cereal Cup w/Graham Crackers ● Milk 8 oz. ●	Friday	Whole Grain Breakfast Bar ● Whole Grain Cinnamon Roll ● Assorted Reduced-Sugar Cereal Cup ● Milk 8 oz. ●
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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 & vegetables



*Contains Pork **Contains Peanuts (v) = Vegetarian

Lunch Entrée Choices

Hotdog on Whole Grain Bun ●● Bean, Rice & Cheese Burrito (V) ●● Teriyaki Battered Chicken over Rice with Steamed Mixed Vegetables ●●● Milk 8 oz. ●	Pepperoni Calzone w/Marinara Sauce ●●● Deluxe Nachos w/Fresh Salsa (V) ●●● Fall Salad (Diced Chicken, Cheese, Sliced Apples & Croutons) w/Dinner Roll ●●● Milk 8 oz. ●	BBQ Baked Chicken w/Seasoned Green Beans & Whole Grain Biscuits ●●● Cheeseburger ●● Fruited Yogurt Parfait w/Granola (V) ●●● Milk 8 oz. ●	 Cheese Pizza (V) ●● Sloppy Joe on Whole Grain Hamburger Bun ●● Lavash Wrap w/Turkey & Cheese ●●● Milk 8 oz. ●	Chicken Strips (2) w/Mac & Cheese ●● Roast Turkey & Cheese Ciabatta Sandwich w/Lettuce & Tomatoes ●●● Veggie Sticks with Hummus Dip & Panini Bread (V) ●●● Milk 8 oz. ●
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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**



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