



# January-June 2018 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
<b>Breakfast</b>	Scrambled Egg & Cheese w/Whole Grain English Muffin ●●	Sausage & Country Gravy Breakfast Pizza ●●	Whole Grain Maple Turkey Sausage Pancake Wraps ●●	Stuffed Croissant Turkey Bacon, Egg & Cheese ●●	Bagel Thin with Cream Cheese ●●
	Whole Grain Twin Pack Breakfast Bar ●	Breakfast Bar (French Toast) ●	Chocolate Filled Crescent ●	Whole Grain Mini Apple Breakfast Bites ●	Fresh Baked Muffin ●
<b>Lunch</b>	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 ●
	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●
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	Cheese, Pepperoni or Veggie Pizza ●●	Cheese, Pepperoni or Veggie Pizza ●●	Cheese, Pepperoni or Veggie Pizza ●●	Cheese, Pepperoni or Veggie Pizza ●●	Cheese, Pepperoni or Veggie Pizza ●●
	Cheeseburger w/Shredded Lettuce & Sliced Tomatoes ●●●	Cheeseburger w/ Shredded Lettuce & Sliced Tomatoes ●●●	Cheeseburger w/Shredded Lettuce & Sliced Tomatoes ●●●	Cheeseburger w/Shredded Lettuce & Sliced Tomatoes ●●●	Cheeseburger w/Shredded 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 ●●
	Rice, Bean & Cheese Burrito (V) ●●●	Rice, Bean & Cheese Burrito (V) ●●●	Rice, Bean & Cheese Burrito ●●●	Rice, Bean & Cheese Burrito (V) ●●●	Rice, Bean & Cheese Burrito (V) ●●●
	Battered Orange Chicken over Chow Mein w/Asian Vegetables ●●●	Battered Orange Chicken over Chow Mein w/Asian Vegetables ●●●	Battered Orange Chicken over Chow Mein w/Asian Vegetables ●●●	Battered Orange Chicken over Chow Mein w/Asian Vegetables ●●●	Battered Orange Chicken over Chow Mein w/Asian Vegetables ●●●
	Beef Taco's ●●	Beef Taco's ●●	Nacho with Cheese Sauce ●●	Beef Taco's ●●	Nacho with Cheese Sauce ●●
Hotdog on Whole Grain Bun ●●	Hot Links on Whole Grain Bun ●●	Hotdog on Whole Grain Bun ●●●	Hot Links on Whole Grain Bun ●●	Hotdog on Whole Grain Bun ●●	
Baked Chicken w/Rice Pilaf ●●	Baked Chicken w/Rice Pilaf ●●	Baked Chicken w/Rice Pilaf ●●	Beef & Asparagus Rice Bowl ●●●	Fish Po'Boy w/Cajun Sauce ●●●	
Spicy Chicken Salad w/Cornbread Muffin ●●●	Spicy Chicken Salad w/Cornbread Muffin ●●●	Spicy Chicken Salad w/Cornbread Muffin ●●●	Spicy Chicken Salad w/Cornbread Muffin ●●●	Spicy Chicken Salad w/Cornbread Muffin ●●●	
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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