

January-June 2018 Grades Pre-k-5 Menu

Lunch \$2.75



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

Breakfast Entrée Choices



Monday	Scrambled Egg & Cheese w/ Whole Grain English Muffin ●● Whole Grain Twin Pack Breakfast Bar ● Assorted Reduced-Sugar Cereal Cup ● Milk 8 oz. ●	Tuesday	Sausage & Country Gravy Breakfast Pizza ●● Breakfast Bar (French Toast) ● Assorted Reduced-Sugar Cereal Cup with Graham Crackers ● Milk 8 oz. ●	Wednesday	Whole Grain Maple Turkey Sausage Pancake Wraps ●● Chocolate Filled Crescent ● Assorted Reduced-Sugar Cereal Cup ● Milk 8 oz. ●	Thursday	Stuffed Croissant Turkey Bacon, Egg & Cheese ●● Whole Grain Mini Apple Breakfast Bites ● Assorted Reduced-Sugar Cereal Cup w/Graham Crackers ● Milk 8 oz. ●	Friday	Bagel Thin w/Cream Cheese ●● Fresh Baked Muffin ● Assorted Reduced-Sugar Cereal Cup ● Milk 8 oz. ●
---------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------	-----------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------	-------------------------------------------------------------------------------------------------------------------------

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

Chicken Nuggets w/Whole Grain Dutch Waffles ●● Turkey, Apple & Cheese Wrap ●●● Cheese Filled Breadstick w/Marinara Sauce ●●● (v) Milk 8 oz. ●	Cheeseburger on Whole Grain Hamburger Bun ●● Pork Carnitas w/Cilantro & Lime Rice Bowl ●● Bean & Chicken Fajita Tostada w/Shredded Cheese, Lettuce & Diced Tomatoes ●●● Milk 8 oz. ●	Spaghetti w/Meat Sauce & Dinner Roll ●● Chicka Boom Boom ●●● Grilled Cheese Sandwich ●● (v) Milk 8 oz. ●	 Stuffed Crust Pepperoni Pizza ●● Beef & Asparagus Rice Bowl ●●● Grab & Go Salad w/Cornbread Muffin ●●● (v) Milk 8 oz. ●	 Breakfast for Lunch (French Toast Sticks, Chicken Sausage Patty & Scrambled Egg) ●● Fish Po'Boy Sandwich w/Cajun Sauce ●●● Whole Grain Pretzel w/Cheese Sauce ●● (v) 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**



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.

USDA is an equal opportunity provider and employer.