

San Bernardino City Unified School District, Nutrition Services Presents:



A NEW mobile app to view menus on the go.

An easy way to get the Nutritional Value of every menu item.

Welcome, **January 2017** Lunch Menu

Winter Recess

HAPPY NEW YEAR!
Let's Celebrate the New Year!

ALL MEALS MUST BE PAID FOR IN ADVANCE ON THIS DATE

1. Blueberry Pancakes Maple Syrup Orange Juice	2. Scrambled Eggs Toasted Bread Fruit & Yogurt Parfait	3. Grilled Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	4. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	5. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	6. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	7. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	8. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	9. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	10. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	11. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	12. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	13. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	14. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	15. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	16. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	17. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	18. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	19. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	20. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	21. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	22. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	23. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	24. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	25. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	26. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	27. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	28. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	29. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	30. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	31. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	32. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	33. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	34. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	35. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	36. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	37. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	38. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	39. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	40. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	41. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	42. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	43. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	44. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	45. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	46. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	47. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	48. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	49. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	50. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	51. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	52. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	53. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	54. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	55. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	56. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	57. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	58. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	59. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	60. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	61. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	62. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	63. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	64. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	65. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	66. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	67. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	68. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	69. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	70. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	71. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	72. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	73. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	74. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	75. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	76. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	77. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	78. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	79. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	80. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	81. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	82. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	83. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	84. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	85. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	86. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	87. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	88. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	89. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	90. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	91. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	92. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	93. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	94. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	95. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	96. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait	97. Turkey & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	98. Ham & Swiss Sandwich Coleslaw Fruit & Yogurt Parfait	99. Chicken Sandwich Coleslaw Fruit & Yogurt Parfait	100. Beef & Cheese Burrito Salsa Fruit & Yogurt Parfait
--	--	---	---	--	---	---	---	--	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	--	---	--	--	---

Check All	Portion Size	Calories	Total Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrate	Dietary Fiber	Sugar	Protein
Hamburger on a Bun		319.825	15.875	3	8	40	338.125	27.156	2.813	2.813	16.553
OR											
Corn Dog		242	8	0	2.5	48	390	10	0	0	9
Baked Potato Wedge	2.284	112	3.733	0	0.487	4.007	140	19.5	1.857	0	1.857
Fresh Apple Sliced	18.882	8.162	0	0.023	0	0.888	7.83	1.4	0	0	0.147
California Mixed Greens	1	7	0.07	0	0.008	0	10	1.486	0.8	0	0.45
Great Green Beans	2.284	15	0	0	0	0	140	3	2	1	1
Italian Dressing	12	0	0	0	0	0	130	2.3	1	0.5	0.5



The ability to view or print the menus from a computer.

Find out more by visiting us online at www.sbcusdnutritionservices.org or download the app on your mobile device!



Scan the QR code to go directly onto our website.



WELCOME TO OUR NEW SITE

www.sbcusdnutritionservices.org

FRESH DESIGN

NEW FUNCTIONALITY

EASY NAVIGATION

MOBILE DOWNLOAD

TRANSLATABLE SITE

DOCUMENTS ON DEMAND

...AND MUCH MORE!

Scan the QR code to go
directly onto our website.

