TEBULIST 2018

SHV JUHN UNIHID SGIOOL DISTRICT K-8 BRINKIST \$2.00

THURSDAY

FRIDAY

NOW HIRING!

Nutrition Services Job Opportunities

Apply online at: www.edjoin.org

Positions available may include:

- **Nutrition Services Worker I's**
- **Nutrition Services Worker II's**
- **Substitute Food Service Workers**

May be offered 2-7 hours per day.

Cinnamon Glazed **Pancakes** Whole Grain Cereal**

All Mixed Up Fruit Seasonal Fresh Fruit

Cinnamon Roll Whole Grain Cereal** Canned Pears Seasonal Fresh Fruit

French Toast Sticks

Whole Grain Cereal**

Turkey Bacon

All Mixed Up Fruit

Seasonal Fresh Fruit

Whole Grain Biscuit

http://mealapps.sanjuan.edu Paper applications are also available at: San Juan Central Office, **Nutrition Services Office.**

> **Questions about Meal** Applications? Call: (916) 971-7035

School Offices & Cafeterias.

Free or reduced-priced meals are available to students who qualify based on household income.

Free and Reduced-Priced Meal

Program applications are

available online at:

Meals may be pre-purchased online at: www.myschoolbucks.com

Menus subject to change.

*Contains pork products.

Frosted Mini Spooners and Marshmallow Matevs Cereal contain pork product. Honey **Scooters Cereal does not contain pork product.

Each meal is served with a choice of 1% Low Fat Plain or Non-Fat Chocolate Milk.

Whole Grain Muffin

Whole Grain Cereal** Seasonal Fresh Fruit 100% Fruit Juice

Pancake Sausage Roll Up

Whole Grain Cereal** Canned Peaches Seasonal Fresh Fruit

Yogurt Parfait Whole Grain Cereal** Applesauce

100% Fruit Juice

Pancakes or Whole Grain Cereal** Canned Pears Seasonal Fresh Fruit

Cinnamon Glazed

15 Cinnamon Glazed **Pancakes**

8

Whole Grain Cereal** Applesauce Seasonal Fresh Fruit

Whole Grain Cereal** Beef Sausage Patty

Canned Pears Seasonal Fresh Fruit

--No School--

--No School--

Waffles

Whole Grain Cereal**

Beef Sausage Patty **Canned Peaches** 100% Fruit Juice

--No School--

Whole Grain Bagel

Whole Grain Cereal** All Mixed Up Fruit Seasonal Fresh Fruit

--No School--

Whole Grain Cereal**

Breakfast Pizza

Seasonal Fresh Fruit 100% Fruit Juice

--No School--

Cinnamon Roll Whole Grain Cereal**

Canned Pears Seasonal Fresh Fruit

Corn Star & Yogurt Whole Grain Cereal**

All Mixed Up Fruit Seasonal Fresh Fruit

Breakfast Pizza Whole Grain Cereal** Seasonal Fresh Fruit

100% Fruit Juice

every Thursday!

Pancakes on the menu