

December 2018

San Juan Unified School District
K-8 BREAKFAST \$2.00*

Monday

3

Whole Grain Muffin
or
Whole Grain Cereal**
Applesauce
100% Fruit Juice

10

Waffles
or
Whole Grain Cereal**
Beef Sausage Patty
Canned Peaches
100% Fruit Juice

17

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

24

--No School--

31

--No School--

Tuesday

4

Yogurt Parfait
or
Whole Grain Cereal**
Canned Peaches
Seasonal Fresh Fruit

11

Corn Star & Yogurt
or
Whole Grain Cereal**
Mixed Fruit Cocktail
Seasonal Fresh Fruit

18

Pancake Sausage
Roll Up
or
Whole Grain Cereal**
Applesauce
Seasonal Fresh Fruit

25

--No School--

Wednesday

5

Apple Cinnamon Scone
or
Whole Grain Cereal**
Seasonal Fresh Fruit
100% Fruit Juice

12

Breakfast Pizza
or
Whole Grain Cereal**
Seasonal Fresh Fruit
100% Fruit Juice

19

Yogurt Parfait
or
Whole Grain Cereal**
Mixed Fruit Cocktail
100% Fruit Juice

26

--No School--

Thursday

6

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

13

Pancakes
or
Whole Grain Cereal**
Applesauce
Seasonal Fresh Fruit

20

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

27

--No School--

Friday

7

French Toast Sticks
or
Whole Grain Cereal**
Turkey Bacon
Mixed Fruit Cocktail
Seasonal Fresh Fruit

14

Cinnamon Roll
or
Whole Grain Cereal**
Canned Peaches
Seasonal Fresh Fruit

21

French Toast Sticks
or
Whole Grain Cereal**
Turkey Bacon
Canned Peaches
Seasonal Fresh Fruit

28

--No School--



Nutrition Services

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:

<https://mealapps.sanjuan.edu>

Paper applications are also available at:
San Juan Central Office,
Nutrition Services Office,
School Offices, & Cafeterias.

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

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

Menus subject to change.

*Contains pork products.

**Frosted Shredded Wheat Cereal and Marshmallow Mateys 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.



Nutrition Services

NOW HIRING!

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.