

# January 2019

San Juan Unified School District  
**ELEMENTARY LUNCH \$3.00**

## MONDAY



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

--No School--

2

--No School--

3

--No School--

4

--No School--

7

--No School--

8

**Corn Dog**  
*Be Strong Beans*  
 Power Peas  
*Golden Pirate Corn*  
*Lean Mean Green Beans*  
 Applesauce  
 Seasonal Fresh Fruit

9

**Cheesy Breadsticks**  
 Marinara Sauce  
*Super Hero Salad*  
 Mixed Vegetables  
*Golden Pirate Corn*  
 Broccoli Bites  
 Canned Peaches  
 Seasonal Fresh Fruit

10

**Chicken Patty Sandwich**  
*Shredded Lettuce*  
*Crispy Celery Sticks*  
 Broccoli Bites  
*Crunchy Baby Carrots*  
 All Mixed Up Fruit  
 Seasonal Fresh Fruit

11

**Pepperoni Pizza**  
 or  
**Cheese Pizza**  
*Super Hero Salad*  
*Crunchy Baby Carrots*  
 Vegetable Variety  
 Fresh Vegetable Variety  
 Canned Fruit Variety  
 Seasonal Fresh Fruit

14

**Corn Dog**  
*Be Strong Beans*  
*Super Hero Salad*  
 Broccoli Bites  
*Crunchy Baby Carrots*  
 Canned Peaches  
 Apple Crunchers

15

**Popcorn Chicken**  
 Corn Star  
 Creamy Mashed Potatoes  
 Shredded Cheese  
*Super Hero Salad*  
 Power Peas  
*Golden Pirate Corn*  
 All Mixed Up Fruit  
 Sunshine Slices

16

**Bean & Cheese Burrito**  
*Super Hero Salad*  
 Mixed Vegetables  
 Salsa  
*Crispy Celery Sticks*  
 Canned Pears  
 Seasonal Fresh Fruit

17

**Cheeseburger**  
 Potato Wedges  
 Shredded Lettuce  
 Power Peas  
 Broccoli Bites  
*Crunchy Baby Carrots*  
 Applesauce  
 Seasonal Fresh Fruit

18

**Pepperoni Pizza**  
 or  
**Cheese Pizza**  
*Super Hero Salad*  
*Crunchy Baby Carrots*  
 Vegetable Variety  
 Fresh Vegetable Variety  
 Canned Fruit Variety  
 Seasonal Fresh Fruit

21

--No School--

22

**French Toast Sticks**  
**Beef Sausage Patty**  
*Super Hero Salad*  
 Crispy Celery Sticks  
 Broccoli Bites  
*Crunchy Baby Carrots*  
 Applesauce  
 Sunshine Slices

23

**Cheesy Breadsticks**  
 Marinara Sauce  
*Super Hero Salad*  
 Mixed Vegetables  
*Golden Pirate Corn*  
*Crunchy Baby Carrots*  
 Canned Pears  
 Seasonal Fresh Fruit

24

**Chicken Patty Sandwich**  
 Happy Birthday Cookie  
*Be Strong Beans*  
 Shredded Lettuce  
 Broccoli Bites  
 Crispy Celery Sticks  
 All Mixed Up Fruit  
 Seasonal Fresh Fruit

25

**Pepperoni Pizza**  
 or  
**Cheese Pizza**  
*Super Hero Salad*  
*Crunchy Baby Carrots*  
 Vegetable Variety  
 Fresh Vegetable Variety  
 Canned Fruit Variety  
 Seasonal Fresh Fruit

28

**Teriyaki Beef Nuggets**  
 Whole Grain Roll  
 Creamy Mashed Potatoes  
*Be Strong Beans*  
*Super Hero Salad*  
 Mixed Vegetables  
 Broccoli Bites  
 Canned Pears  
 Apple Crunchers

29

**Chicken & Waffles**  
*Super Hero Salad*  
 Power Peas  
*Golden Pirate Corn*  
 Crispy Celery Sticks  
 Broccoli Bites  
 Canned Peaches  
 Sunshine Slices

30

**Bean & Cheese Burrito**  
*Super Hero Salad*  
 Salsa  
*Lean Mean Green Beans*  
 Mixed Vegetables  
 Applesauce  
 Seasonal Fresh Fruit

31

**Hot Dog**  
 Cheez Its  
*Super Hero Salad*  
 Crispy Celery Sticks  
 Broccoli Bites  
*Crunchy Baby Carrots*  
 All Mixed Up Fruit  
 Seasonal Fresh Fruit



### 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](http://www.myschoolbucks.com)

Menus subject to change.

\*Contains pork products.

Items in *italics* are for salad bar.

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



Let's celebrate January Birthdays with a Happy Birthday Cookie offered with lunch on January 24<sup>th</sup>!