

January 2019

San Juan Unified School District
K-8 LUNCH
ELEMENTARY \$3.00 SECONDARY \$3.50

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

--No School--

2

--No School--

3

--No School--

4

--No School--

7

--No School--

8

Corn Dog
Bean & Cheese Burrito
Golden Pirate Corn
Lean Mean Green Beans
Be Strong Beans
Power Peas
Applesauce
Seasonal Fresh Fruit

9

Cheesy Breadsticks
Hot & Spicy Chicken Bites
Marinara Sauce
Super Hero Salad
Mixed Vegetables
Golden Pirate Corn
Broccoli Bites
Canned Peaches
Seasonal Fresh Fruit

10

Chicken Patty Sandwich
Yogurt, String Cheese & Muffin
Shredded Lettuce
Crispy Celery Sticks
Broccoli Bites
Crunchy Baby Carrots
All Mixed Up Fruit
Seasonal Fresh Fruit

11

Pepperoni Pizza
Cheese Pizza
Spicy Chicken Patty Sandwich
Super Hero Salad
Crunchy Baby Carrots
Vegetable Variety
Fresh Vegetable Variety
Canned Fruit Variety
Seasonal Fresh Fruit

14

Corn Dog
Cheesy Breadsticks & Marinara Sauce
Be Strong Beans
Super Hero Salad
Broccoli Bites
Crunchy Baby Carrots
Canned Peaches
Apple Crunchers

15

Popcorn Chicken
Bean & Cheese Burrito
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
Hot & Spicy Chicken Bites
Whole Grain Roll
Super Hero Salad
Salsa
Mixed Vegetables
Crispy Celery Sticks
Canned Peas
Seasonal Fresh Fruit

17

Cheeseburger
Yogurt, String Cheese & Muffin
Potato Wedges
Shredded Lettuce
Power Peas
Broccoli Bites
Crunchy Baby Carrots
Applesauce
Seasonal Fresh Fruit

18

Pepperoni Pizza
Cheese Pizza
Spicy Chicken Patty Sandwich
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
Bean & Cheese Burrito
Super Hero Salad
Crispy Celery Sticks
Broccoli Bites
Crunchy Baby Carrots
Applesauce
Sunshine Slices

23

Cheesy Breadsticks
Hot & Spicy Chicken Bites
Marinara Sauce
Super Hero Salad
Mixed Vegetables
Golden Pirate Corn
Crunchy Baby Carrots
Canned Peas
Seasonal Fresh Fruit

24

Chicken Patty Sandwich
Yogurt, String Cheese & Muffin
Happy Birthday Cookie
Shredded Lettuce
Be Strong Beans
Broccoli Bites
Crispy Celery Sticks
All Mixed Up Fruit
Seasonal Fresh Fruit

25

Pepperoni Pizza
Cheese Pizza
Spicy Chicken Patty Sandwich
Super Hero Salad
Crunchy Baby Carrots
Vegetable Variety
Fresh Vegetable Variety
Canned Fruit Variety
Seasonal Fresh Fruit

28

Teriyaki Beef Nuggets
Cheesy Breadsticks & Marinara Sauce
Whole Grain Roll
Creamy Mashed Potatoes
Be Strong Beans
Super Hero Salad
Mixed Vegetables
Broccoli Bites
Canned Peas
Apple Crunchers

29

Chicken & Waffles
Bean & Cheese Burrito
Super Hero Salad
Power Peas
Golden Pirate Corn
Crispy Celery Sticks
Canned Peaches
Sunshine Slices

30

Bean & Cheese Burrito
Hot & Spicy Chicken Bites
Super Hero Salad
Salsa
Mixed Vegetables
Lean Mean Green Beans
Applesauce
Seasonal Fresh Fruit

31

Hot Dog
Yogurt, String Cheese & Muffin
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

Menus subject to change.

*Contains pork products.

Items in *italics* are for salad bar.

Secondary students may also choose from underlined items.

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 24th!