

MAY 2019



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

MONDAY

SCHOOL LUNCH HERO DAY

On Friday, May 3, celebrate the special School Lunch Heroes at your school!

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6
Whole Grain Muffin
or
Whole Grain Cereal**
Seasonal Fresh Fruit
100% Fruit Juice

7
Breakfast Pizza
or
Whole Grain Cereal**
Canned Peaches
Seasonal Fresh Fruit

8
Yogurt Parfait
or
Whole Grain Cereal**
Applesauce
100% Fruit Juice

9

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

10
French Toast Sticks
Whole Grain Cereal**
Manager's Special
Turkey Bacon
All Mixed Up Fruit
Seasonal Fresh Fruit

13

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

14
Pancake
Sausage Roll Up
or
Whole Grain Cereal**
All Mixed Up Fruit
Seasonal Fresh Fruit

15
Breakfast Pizza
or
Whole Grain Cereal**
Seasonal Fresh Fruit
100% Fruit Juice

16

Pancakes
or
Whole Grain Cereal**
Applesauce
Seasonal Fresh Fruit

17
Cinnamon Roll
Whole Grain Cereal**
Manager's Special
Canned Peaches
Seasonal Fresh Fruit

20
Whole Grain Muffin
or
Whole Grain Cereal**
Applesauce
100% Fruit Juice

21

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

22
Apple Cinnamon Scone
or
Whole Grain Cereal**
Seasonal Fresh Fruit
100% Fruit Juice

23

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

24
French Toast Sticks
Whole Grain Cereal**
Manager's Special
Turkey Bacon
All Mixed Up Fruit
Seasonal Fresh Fruit

27
--No School--

28
Corn Star & Yogurt
or
Whole Grain Cereal**
All Mixed Up Fruit
Seasonal Fresh Fruit

29
Breakfast Pizza
or
Whole Grain Cereal**
Seasonal Fresh Fruit
100% Fruit Juice

30

Pancakes
or
Whole Grain Cereal**
Applesauce
Seasonal Fresh Fruit

31
Cinnamon Roll
Whole Grain Cereal**
Manager's Special
Canned Peaches
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.

**Frosted Shredded Wheat Cereal and Marshmallow Mateys Cereal contain pork product. Honey Scooters Cereal does not contain pork product.

Manager's Special is offered as a possible third entrée option every Friday during the month of May.

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

