

# OCTOBER 2017

San Juan Unified School District  
ELEMENTARY LUNCH \$3.00

## MONDAY

### Popcorn Chicken

Corn Star  
Creamy Mashed Potatoes  
Shredded Cheddar Cheese  
Super Hero Salad  
Golden Pirate Corn  
Crunchy Baby Carrots  
All Mixed Up Fruit  
Apple Crunchers

2

## TUESDAY

### Chicken & Waffles

Super Hero Salad  
Mixed Vegetables  
Lean Mean Green Beans  
Broccoli Bites  
Canned Peaches  
Sunshine Slices

3

## WEDNESDAY

### Bean Burrito

Shredded Cheddar Cheese  
Super Hero Salad  
Salsa  
Golden Pirate Corn  
Canned Peaches  
Seasonal Fresh Fruit

4

## THURSDAY

### Cheeseburger

Shredded Lettuce  
Crunchy Baby Carrots  
Crispy Celery Sticks  
Broccoli Bites  
Applesauce  
Seasonal Fresh Fruit

5

## FRIDAY

--No School--

6

### Chicken Nuggets

Goldfish Cheddar Crackers  
Super Hero Salad  
Power Peas  
Golden Pirate Corn  
Crispy Celery Sticks  
Canned Peaches  
Apple Crunchers

9

### French Toast Sticks

Beef Sausage Patty  
Super Hero Salad  
Lean Mean Green Beans  
Crispy Celery Sticks  
Crunchy Baby Carrots  
Applesauce  
Sunshine Slices

10

### Cheesy Breadsticks

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

11

### Chicken Patty Sandwich

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

12

### Pepperoni Pizza\*

or  
Cheese Pizza  
Be Strong Beans  
Super Hero Salad  
Vegetable Variety  
Fresh Vegetable Variety  
Canned Fruit  
Seasonal Fresh Fruit

13

### Corn Dog

Super Hero Salad  
Lean Mean Green Beans  
Broccoli Bites  
Crunchy Baby Carrots  
Canned Peaches  
Apple Crunchers

16

### Popcorn Chicken

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

17

### Wowbutter Sandwich

String Cheese  
Super Hero Salad  
Mixed Vegetables  
Crunchy Baby Carrots  
Crispy Celery Sticks  
Canned Peaches  
Seasonal Fresh Fruit

18

### Hot Dog

Cheez Its  
Be Strong Beans  
Super Hero Salad  
Power Peas  
Broccoli Bites  
Applesauce  
Seasonal Fresh Fruit

19

### Pepperoni Pizza\*

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

20

### Chicken Nuggets

Goldfish Cheddar Crackers  
Shredded Cheddar Cheese  
Super Hero Salad  
Power Peas  
Golden Pirate Corn  
Canned Peaches  
Apple Crunchers

23

### French Toast Sticks

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

24

### Bean Burrito

Super Hero Salad  
Mixed Vegetables  
Salsa  
Golden Pirate Corn  
Canned Peaches  
Seasonal Fresh Fruit

25

### Chicken Patty Sandwich

Happy Birthday Cookie  
Shredded Lettuce  
Broccoli Bites  
Crispy Celery Sticks  
Crunchy Baby Carrots  
All Mixed Up Fruit  
Seasonal Fresh Fruit

26

### Pepperoni Pizza\*

or  
Cheese Pizza  
Be Strong Beans  
Super Hero Salad  
Vegetable Variety  
Fresh Vegetable Variety  
Canned Fruit  
Seasonal Fresh Fruit

27

### Teriyaki Beef Nuggets

Whole Grain Roll  
Creamy Mashed Potatoes  
Super Hero Salad  
Mixed Vegetables  
Crunchy Baby Carrots  
Broccoli Bites  
Canned Peaches  
Apple Crunchers

30

### Chicken & Waffles

Super Hero Salad  
Power Peas  
Golden Pirate Corn  
Crispy Celery Sticks  
Canned Peaches  
Sunshine Slices

31

National School  
Lunch Week  
October 9 - 13



Let's celebrate October Birthdays  
with a Happy Birthday cookie  
offered with lunch on October 26<sup>th</sup>!

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: <http://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.



**NOW HIRING!**  
Nutrition Services  
Job Opportunities

Apply online at: [www.edjoin.org](http://www.edjoin.org)

Positions may include:

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

May be offered 2-7 hours per day.