

OCTOBER 2017

San Juan Unified School District

K-8 LUNCH

ELEMENTARY \$3.00 SECONDARY \$3.50

MONDAY

2
Popcorn Chicken
Teriyaki Beef Nuggets
Wowbutter Sandwich
 String Cheese
 Corn Star
 Creamy Mashed Potatoes
 Shredded Cheddar Cheese
 Super Hero Salad
 Golden Pirate Corn
 Crunchy Baby Carrots
 All Mixed Up Fruit
 Apple Crunchers

9
Chicken Nuggets
Wowbutter Sandwich
Chicken Drumstick
 String Cheese
 Goldfish Cheddar Crackers
 Super Hero Salad
 Power Peas
 Golden Pirate Corn
 Crispy Celery Sticks
 Canned Pears
 Apple Crunchers

16
Corn Dog
Cheesy Breadsticks & Marinara Sauce
Wowbutter Sandwich
 String Cheese
 Super Hero Salad
 Lean Mean Green Beans
 Broccoli Bites
 Crunchy Baby Carrots
 Canned Peaches
 Apple Crunchers

23
Chicken Nuggets
Cheesy Breadsticks & Marinara Sauce
Wowbutter Sandwich
 String Cheese
 Goldfish Cheddar Crackers
 Shredded Cheddar Cheese
 Super Hero Salad
 Power Peas
 Golden Pirate Corn
 Canned Peaches
 Apple Crunchers

30
Teriyaki Beef Nuggets
Chicken Nuggets
Wowbutter Sandwich
 String Cheese
 Whole Grain Roll
 Creamy Mashed Potatoes
 Super Hero Salad
 Mixed Vegetables
 Crunchy Baby Carrots
 Broccoli Bites
 Canned Pears
 Apple Crunchers

TUESDAY

3
Chicken & Waffles
Cheesy Breadsticks
& Marinara Sauce
Hot & Spicy Chicken Bites
 Super Hero Salad
 Mixed Vegetables
 Lean Mean Green Beans
 Broccoli Bites
 Canned Pears
 Sunshine Slices

10
French Toast Sticks
Beef Sausage Patty
Bean Burrito
Hot & Spicy Chicken Bites
 Super Hero Salad
 Lean Mean Green Beans
 Crispy Celery Sticks
 Crunchy Baby Carrots
 Applesauce
 Sunshine Slices

17
Popcorn Chicken
Teriyaki Beef Nuggets
Hot & Spicy Chicken Bites
 Corn Star
 Creamy Mashed Potatoes
 Shredded Cheddar Cheese
 Super Hero Salad
 Power Peas
 Golden Pirate Corn
 All Mixed Up Fruit
 Sunshine Slices

24
French Toast Sticks
Beef Sausage Patty
Wowbutter Sandwich
Hot & Spicy Chicken Bites
 Super Hero Salad
 Crunchy Baby Carrots
 Crispy Celery Sticks
 Broccoli Bites
 Applesauce
 Sunshine Slices

31
Chicken & Waffles
Bean Burrito
Hot & Spicy Chicken Bites
 Whole Grain Roll
 Super Hero Salad
 Power Peas
 Golden Pirate Corn
 Crispy Celery Sticks
 Canned Peaches
 Sunshine Slices

WEDNESDAY

4
Bean Burrito
Corn Dog
Cheesy Breadsticks & Marinara Sauce
 Shredded Cheddar Cheese
 Super Hero Salad
 Salsa
 Golden Pirate Corn
 Canned Peaches
 Seasonal Fresh Fruit

11
Cheesy Breadsticks & Marinara Sauce
Corn Dog
Spicy Chicken Patty Sandwich
 Super Hero Salad
 Golden Pirate Corn
 Mixed Vegetables
 Broccoli Bites
 Canned Peaches
 Seasonal Fresh Fruit

18
Wowbutter Sandwich
Chicken Nuggets
Cheesy Breadsticks & Marinara Sauce
 String Cheese
 Super Hero Salad
 Mixed Vegetables
 Crunchy Baby Carrots
 Crispy Celery Sticks
 Canned Peaches
 Seasonal Fresh Fruit

25
Bean Burrito
Corn Dog
Cheesy Breadsticks & Marinara Sauce
 Super Hero Salad
 Mixed Vegetables
 Salsa
 Golden Pirate Corn
 Canned Peaches
 Seasonal Fresh Fruit

THURSDAY

5
Cheeseburger
Yogurt, String Cheese & Muffin
Chicken Nuggets
Whole Grain Roll
 Shredded Lettuce
 Crunchy Baby Carrots
 Crispy Celery Sticks
 Broccoli Bites
 Applesauce
 Seasonal Fresh Fruit

12
Chicken Patty Sandwich
Yogurt, String Cheese & Muffin
Chicken Nuggets
 Whole Grain Roll
 Shredded Lettuce
 Broccoli Bites
 Crispy Celery Sticks
 Crunchy Baby Carrots
 All Mixed Up Fruit
 Seasonal Fresh Fruit

19
Hot Dog
Yogurt, String Cheese & Muffin
Chicken Nuggets
 Whole Grain Roll
 Cheez Its
 Be Strong Beans
 Super Hero Salad
 Power Peas
 Broccoli Bites
 Applesauce
 Seasonal Fresh Fruit

26
Chicken Patty Sandwich
Yogurt, String Cheese & Muffin
Chicken Nuggets
 Whole Grain Roll
 Happy Birthday Cookie
 Shredded Lettuce
 Broccoli Bites
 Crispy Celery Sticks
 Crunchy Baby Carrots
 All Mixed Up Fruit
 Seasonal Fresh Fruit

FRIDAY

--No School--

13
Pepperoni Pizza*
Cheese Pizza
Spicy Chicken Patty Sandwich
 Be Strong Beans
 Super Hero Salad
 Vegetable Variety
 Fresh Vegetable Variety
 Canned Fruit
 Seasonal Fresh Fruit

20
Pepperoni Pizza*
Cheese Pizza
Spicy Chicken Patty Sandwich
 Super Hero Salad
 Crunchy Baby Carrots
 Vegetable Variety
 Fresh Vegetable Variety
 Canned Fruit
 Seasonal Fresh Fruit

27
Pepperoni Pizza*
Cheese Pizza
Spicy Chicken Patty Sandwich
 Be Strong Beans
 Super Hero Salad
 Vegetable Variety
 Fresh Vegetable Variety
 Canned Fruit
 Seasonal Fresh Fruit

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

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.



NOW HIRING!

Nutrition Services
 Job Opportunities

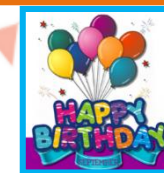
Apply online at: www.edjoin.org

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.

National School Lunch Week
October 9 - 13



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