

# OCTOBER 2018

San Juan Unified School District

K-8 LUNCH

ELEMENTARY \$3.00 SECONDARY \$3.50

## MONDAY

**1**  
Chicken Drumstick  
Cheesy Breadsticks  
& Marinara Sauce

Whole Grain Roll  
Shredded Cheese  
Super Hero Salad  
Power Peas  
Golden Pirate Corn  
Canned Pears  
Apple Crunchers

**8**  
--No School--

**15**  
Chicken Nuggets  
Cheesy Breadsticks  
& Marinara Sauce

Goldfish Cheddar Crackers  
Be Strong Beans  
Super Hero Salad  
Power Peas  
Crispy Celery Sticks  
Canned Pears  
Apple Crunchers

**22**  
Corn Dog  
Cheesy Breadsticks  
& Marinara Sauce

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

**29**  
Chicken Nuggets  
Cheesy Breadsticks  
& Marinara Sauce

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

## TUESDAY

**2**  
French Toast Sticks  
Beef Sausage Patty  
Bean & Cheese Burrito

Super Hero Salad  
Lean Mean Green Beans  
Broccoli Bites  
Crunchy Baby Carrots  
All Mixed Up Fruit  
Sunshine Slices

**9**  
Chicken & Waffles  
Bean & Cheese Burrito

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

**16**  
French Toast Sticks  
Beef Sausage Patty  
Bean & Cheese Burrito

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

**23**  
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

**30**  
French Toast Sticks  
Beef Sausage Patty  
Bean & Cheese Burrito

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

## WEDNESDAY

**3**  
Cheesy Breadsticks  
Hot & Spicy Chicken Bites

Whole Grain Roll  
Marinara Sauce  
Super Hero Salad  
Golden Pirate Corn  
Broccoli Bites  
Crispy Celery Sticks  
Applesauce  
Seasonal Fresh Fruit

**10**  
Corn Dog  
Hot & Spicy Chicken Bites

Be Strong Beans  
Shredded Cheese  
Super Hero Salad  
Crunchy Baby Carrots  
Canned Peaches  
Seasonal Fresh Fruit

**17**  
Cheesy Breadsticks  
Hot & Spicy Chicken Bites

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

**24**  
Bean & Cheese Burrito  
Hot & Spicy Chicken Bites

Whole Grain Roll  
Super Hero Salad  
Mixed Vegetables  
Crispy Celery Sticks  
Salsa  
Canned Pears  
Seasonal Fresh Fruit

**31**  
Cheesy Breadsticks  
Hot & Spicy Chicken Bites

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

## THURSDAY

**4**  
Chicken Patty Sandwich  
Yogurt, String Cheese  
& Muffin

Be Strong Beans  
Shredded Lettuce  
Broccoli Bites  
Crunchy Baby Carrots  
Canned Peaches  
Seasonal Fresh Fruit

**11**  
Cheeseburger  
Yogurt, String Cheese  
& Muffin

Whole Grain Roll  
Potato Wedges  
Shredded Lettuce  
Crispy Celery Sticks  
Broccoli Bites  
Crunchy Baby Carrots  
Applesauce  
Seasonal Fresh Fruit

**18**  
Chicken Patty Sandwich  
Yogurt, String Cheese  
& Muffin

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

**25**  
Cheeseburger  
Yogurt, String Cheese  
& Muffin

Happy Birthday Cookie  
Potato Wedges  
Shredded Lettuce  
Power Peas  
Broccoli Bites  
Crunchy Baby Carrots  
Applesauce  
Seasonal Fresh Fruit

## FRIDAY

**5**  
--No School--

**12**  
Pepperoni Pizza  
Cheese Pizza  
Spicy Chicken Patty Sandwich

Super Hero Salad  
Crispy Celery Sticks  
Vegetable Variety  
Fresh Vegetable Variety  
Canned Fruit Variety  
Seasonal Fresh Fruit

**19**  
Pepperoni Pizza  
Cheese Pizza  
Spicy Chicken Patty Sandwich

Super Hero Salad  
Golden Pirate Corn  
Vegetable Variety  
Fresh Vegetable Variety  
Canned Fruit Variety  
Seasonal Fresh Fruit

**26**  
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



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.

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 October Birthdays with a Happy Birthday Cookie offered with lunch on October 25<sup>th</sup>!

National School  
Lunch Week  
October 15-19

