

SEPTEMBER 2019

SAN JUAN UNIFIED SCHOOL DISTRICT
K - 8 LUNCH: ELEMENTARY \$3.00 • SECONDARY \$3.50

Monday

Tuesday

Wednesday

Thursday

Friday



2

Chicken & Waffles
Super Hero Salad
Be Strong Beans
Crispy Celery Sticks
Golden Pirate Corn
Applesauce
Seasonal Fresh Fruit

3

Cheesy Breadsticks
Marinara Sauce
Super Hero Salad
Green Beans
Broccoli Bites
Canned Fruit Variety
Seasonal Fresh Fruit

4

Hot Dog
Cheez Its
Super Hero Salad
Broccoli Bites
Crunchy Baby Carrots
Golden Pirate Corn
Canned Peaches
Seasonal Fresh Fruit

5

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

6

Corn Dog or
Cheesy Breadsticks
Vegetable Variety
Super Hero Salad
Green Beans
Crunchy Baby Carrots
Canned Peaches
Apple Crunchers

9

Popcorn Chicken
or
Yogurt, String Cheese & Muffin
Corn Star
Creamy Mashed Potatoes
Shredded Cheese
Super Hero Salad
Broccoli Bites
All Mixed Up Fruit
Sunshine Slices

10

Seasoned Beef & Chips
or Bean & Cheese Burrito
Pinto Beans
Shredded Lettuce
Shredded Cheddar Cheese
Salsa
Golden Pirate Corn
Applesauce
Seasonal Fresh Fruit

11

Cheeseburger
or Yogurt, String
Cheese & Muffin
Potato Wedges
Shredded Lettuce
Broccoli Bites
Crunchy Baby Carrots
Canned Pears
Seasonal Fresh Fruit

12

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

13

Chicken Nuggets or
Cheesy Breadsticks
Goldfish Cheddar Crackers
Vegetable Variety
Super Hero Salad
Green Beans
Crispy Celery Sticks
Canned Peaches
Apple Crunchers

16

French Toast Sticks
or
Yogurt, String Cheese & Muffin
Beef Sausage Patty
Super Hero Salad
Crispy Celery Sticks
Broccoli Bites
Crunchy Baby Carrots
Applesauce
Sunshine Slices

17

Popcorn Chicken or
Bean & Cheese Burrito
Corn Star
Super Hero Salad
Shredded Cheddar Cheese
Golden Pirate Corn
Crunchy Baby Carrots
Canned Pears
Seasonal Fresh Fruit

18

Chicken Patty Sandwich
or
Yogurt, String Cheese & Muffin
Whole Grain Roll
Be Strong Beans
Shredded Lettuce
Broccoli Bites
Crispy Celery Sticks
All Mixed Up Fruit
Seasonal Fresh Fruit

19

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

20

Teriyaki Beef Nuggets
or Cheesy Breadsticks
Whole Grain Roll
Creamy Mashed Potatoes
Super Hero Salad
Crunchy Baby Carrots
Broccoli Bites
Canned Pears
Apple Crunchers

23

Chicken & Waffles
or Yogurt, String
Cheese & Muffin
Super Hero Salad
Green Beans
Crunchy Baby Carrots
Crispy Celery Sticks
Applesauce
Sunshine Slices

24

Seasoned Beef & Chips
or Bean & Cheese Burrito
Pinto Beans
Shredded Lettuce
Shredded Cheddar Cheese
Salsa
Golden Pirate Corn
All Mixed Up Fruit
Seasonal Fresh Fruit

25

Hot Dog or
Yogurt, String Cheese
& Muffin
Cheez Its
Super Hero Salad
Vegetable Variety
Crispy Celery Sticks
Broccoli Bites
Canned Peaches
Seasonal Fresh Fruit

26

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

27

Chicken Drumstick
or
Cheesy Breadsticks
Whole Grain Roll
Super Hero Salad
Shredded Cheddar Cheese
Vegetable Variety
Crispy Celery Sticks
Canned Pears
Apple Crunchers

30



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.

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

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