



**Universal Breakfast
FREE for all Students**



August-December 2021 Grades Pre-k-5 Menu



Meal Account Info:

(925) 473-2419

www.pittsburg.k12.ca.us

PLEASE SCAN
WITH SMART
PHONE TO VISIT
CHILD NUTRITION
WEBSITE



SCHOOL MEAL IS THE REAL DEAL - CHILD NUTRITION DEPARTMENT

Breakfast Entrée Choices

Monday	<p>Whole Grain Breakfast Bun ●</p> <p>Egg & Cheese Burrito Wrap ●●</p> <p>Assorted Reduced-Sugar Cereal Cup ●</p> <p>Milk 8 oz. ●</p>	Tuesday	<p>Whole Grain Mini Breakfast Bites Apple ●</p> <p>Whole Grain Turkey Sausage Breakfast Pizza ●●</p> <p>Assorted Reduced-Sugar Cereal Cup w/ Graham Crackers ●</p> <p>Milk 8 oz. ●</p>	Wednesday	<p>Scones with Glaze ●</p> <p>Whole Grain Pop Tarts ●</p> <p>Assorted Reduced-Sugar Cereal Cup ●</p> <p>Milk 8 oz. ●</p>	Thursday	<p>Bagel w/ Cream Cheese ●●</p> <p>Benefit Breakfast Bar ●</p> <p>Assorted Reduced-Sugar Cereal Cup w/ Graham Crackers ●</p> <p>Milk 8 oz. ●</p>	Friday	<p>Whole Grain Fresh Baked Muffin ●</p> <p>Yogurt w/ Graham Crackers ●●</p> <p>Assorted Reduced-Sugar Cereal Cup ●</p> <p>Milk 8 oz. ●</p>
---------------	---	----------------	--	------------------	--	-----------------	--	---------------	--

SALAD BAR IS INCLUDED WITH A BREAKFAST AND LUNCH FULL MEAL PURCHASE

Our salad bar is offered daily and is loaded with fresh, local, seasonal fruits & vegetables



*Contains Pork **Contains Peanuts (v) = Vegetarian

Lunch Entrée Choices

<p>Cheese Pizza ●● (v)</p> <p>Chicken & Cheese Quesadilla ●●</p> <p>Battered Orange Chicken w/ Rice & Steamed Vegetables ●●●</p> <p>Milk 8 oz. ●</p>	<p>Hotdog on Whole Grain Bun ●●</p> <p>Spaghetti with Meat Sauce and Dinner Roll ●●●</p> <p>Fruited Yogurt Parfait with Granola and Graham Crackers ●●● (v)</p> <p>Milk 8 oz. ●</p>	<p>Breakfast for Lunch (French Toast Sticks, Turkey Sausage Patty, Egg Omelet) ●●</p> <p>Chicken Nuggets w/ Potato Fries and Dinner Roll ●●●</p> <p>Cheese Stuffed Breadsticks w/ Marinara Sauce ●●● (v)</p> <p>Milk 8 oz. ●</p>		<p>Whole Grain Chicken Corndog ●●</p> <p>Chef Salad with Dinner Roll ●●●</p> <p>Nachos w/ Cheese Sauce (v) and Taco Meat ●●</p> <p>Milk 8 oz. ●</p>	<p>Cheeseburger on Whole Grain Bun ●●</p> <p>Chicken, Bean & Cheese Burrito ●●●</p> <p>Mac & Cheese (v) w/ Chicken Strips and Dinner Roll ●●</p> <p>Milk 8 oz. ●</p>
--	---	--	---	---	--

This menu meets the dietary requirements for calories, fat, saturated fat, iron, calcium, Vitamin A, Vitamin C, cholesterol, sodium and fiber for students in this age group. Menu subject to substitutions.



LOOK FOR THIS ICON ON YOUR DAILY MENU BOARD TO DISCOVER WHAT THE FEATURED CALIFORNIA FRESH ITEM IS! Child Nutrition office strives to source 75% of your food from California!

Payment for school meals may now be made online! With **MY SCHOOL BUCKS** parents can use a credit card or checking account to make a one-time payment or to set up automatic parents payments to manage their child/children's meal accounts. There is no fee for this service. **PLEASE SCAN WITH SMART PHONE TO VISIT MY SCHOOL BUCKS**



Menu subject to substitutions. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to: USDA, Director, Office of Adjudication 1400 Independence Avenue, S.W. Washington, DC 20250-9410 Or call 866 632-9992 (voice). Individuals who are hearing-impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339, or 800-845-6136 (Spanish). USDA is an equal opportunity provider and employer.

USDA is an equal opportunity provider and employer.