

August-December 2021 Jr. High School Menu (Grades 6-8)



Meal Account Info:
(925) 473-2419
www.pittsburg.k12.ca.us


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SCHOOL MEAL IS THE REAL DEAL - CHILD NUTRITION DEPARTMENT 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 and vegetables.



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Breakfast Bun ●	Whole Grain Mini Breakfast Bites Apple ●	Scones with Glaze ●	Bagel w/ Cream Cheese ●●	Whole Grain Fresh Baked Muffin ●
	Egg & Cheese Burrito Wrap ●●	Whole Grain Turkey Sausage Breakfast Pizza ●●	Whole Grain Pop Tarts ●	Benefit Breakfast Bar ●	Yogurt with Graham Crackers ●●
Lunch	Assorted Reduced-Sugar Cereal Cup w/ Graham Crackers ●	Assorted Reduced-Sugar Cereal Cup w/ Graham Cracker ●	Assorted Reduced-Sugar Cereal Cup w/ Graham Cracker ●	Assorted Reduced-Sugar Cereal Cup w/ Graham Cracker ●	Assorted Reduced-Sugar Cereal Cup w/ Graham Cracker ●
	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●
	Cheese Pizza (V) ●●	Pepperoni Pizza ●●	Cheese Pizza (V) ●●	Pepperoni Pizza ●●	Cheese Pizza (V) ●●
	Spicy Chicken Burger ●●	Hotdog on Whole Grain Bun ●●	Chicken Eggroll w/ Mandarin Sauce and Rice ●●	 Whole Grain Chicken Corndog ●●	Cheeseburger on Whole Grain Bun ●●
	Battered Orange Chicken w/ Rice & Steamed Vegetables ●●●	Crunchy Beef Tacos ●●	Spaghetti w/ Meat Sauce & Dinner Roll ●●●	BBQ Chicken w/ Dinner Roll ●●	Chicken Alfredo w/ Carrots & Dinner Roll ●●●
	Cheese Calzone w/ Marinara Sauce ●●●	Fruited Yogurt Parfait w/ Granola and Graham Crackers (V) ●●●	Spicy Chicken Burger ●●	Nachos w/ Cheese Sauce (V) ●●	Mac & Cheese with Chicken Strips ●●
	Spicy Chicken Salad w/ Ranch Dressing and Dinner Roll ●●●	Spicy Chicken Salad w/ Ranch Dressing and Dinner Roll ●●●	Spicy Chicken Salad w/ Ranch Dressing and Dinner Roll ●●●	Spicy Chicken Salad w/ Ranch Dressing and Dinner Roll ●●●	Spicy Chicken Salad w/ Ranch Dressing and Dinner Roll ●●●
	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●	Milk 8 oz. ●

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

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**



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