

Breakfast....Prepared Fresh Daily

Fresh Baked Whole Grain Muffins, Bagel & Cream Cheese, Fresh Baked Whole Grain Scones, Croissants, Fat Cat Chewy Breakfast Bar, Reduced Sugar Cereal Cup, Steel cut oatmeal w/ fresh fruit topping & a touch of brown sugar.

Fresh Fruit and Fat Free or 1% Low Fat Milk
Chef's special- Breakfast Sandwich



Menu Symbols

(V)...All Entrees in green are vegetarian.
 Blue entrees have pork in them (pepperoni has beef and pork).
 WW - Whole Wheat

Lunch Menu

Breakfast	Lunch
Paid - \$2.50	Paid - \$3.50
Reduced - \$0.30	Reduced - \$0.40
Adults - \$3.00	Adults - \$4.50

For students with nut allergies, we do not serve peanut butter or nut-related products at any of our schools.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Free/Reduced-priced Meal Applications Online: There is a simple way for you to apply for free & reduced meals for your students. Approval is quick & private. Go to the web site: EZMEALAPP.com, for our online meal application. Paper applications area available in your school office.</p> <p>We highly encourage you to pre pay for your meals online. Go to the web site: EZSCHOOLPAY.com. Please make sure you have your student ID #.</p>		<p>Dec. 1</p> <p>Breakfast for Lunch French Toast Sticks Turkey Sausage</p> <p>French Toast Sticks Roasted Baby Red Potatoes Poor Boy Hoagie 1% or Fat Free Milk</p>	<p>Dec.2</p> <p>Cheese Tortellini w/ Alfredo Sauce (V)</p> <p>Grilled Cheese (V)</p> <p>Poor Boy Hoagie 1% or Fat Free Milk</p>
<p>Dec. 5</p> <p>BBQ Chicken Leg Corn on the Cob w/ Whole Grain Roll</p> <p>Stuffed Cheese Sticks (V) w/ Marinara Sauce</p> <p>1% or Fat Free Milk</p>	<p>Dec.6</p> <p>Beef & Bean Chili & Whole Grain Tortilla Chips</p> <p>Cheese Quesadilla (V)</p> <p>Turkey & Cheese on Wheat 1% or Fat Free Milk</p>	<p>Dec. 7</p> <p>Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Turkey & Cheese on Wheat 1% or Fat Free Milk</p>	<p>Dec.8</p> <p>Teriyaki Chicken Bowl Mixed Steamed Vegetables Steamed Rice</p> <p>Vegetarian Teriyaki Bowl (v)</p> <p>Turkey & Cheese on Wheat 1% or Fat Free Milk</p>	<p>Dec.9</p> <p>BBQ Shredded Chicken Slider Baked Potatoe Wedges</p> <p>Grilled Cheese (V)</p> <p>Turkey & Cheese on Wheat 1% or Fat Free Milk</p>
<p>Dec. 12</p> <p>Breakfast for Lunch Whole Wheat Pancakes Turkey Sausage Patty</p> <p>Whole Wheat Pancakes (V) Roasted Baby Potatoes</p> <p>1% or Fat Free Milk</p>	<p>Dec.13</p> <p>Chicken Nachos Spanish Brwon Rice Fresh Pico de Gallo</p> <p>Pinto Beans, Cheese Nachos(V)</p> <p>Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>Dec.14</p> <p>Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>Dec.15</p> <p>Oven Crispy Chicken Leg Corn on the Cob Corn Bread Muffin</p> <p>Roasted Vegetable Wrap</p> <p>Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>	 <p>Happy Holidays from your Kitchen Staff We'll see you back at school on January 4th!</p>



MONDAY FAVORITE	TUESDAY FAVORITE	WEDNESDAY FAVORITE	THURSDAY FAVORITE	FRIDAY FAVORITE
Chicken Patty on Wheat Bun 	Charbroiled Burger 	Assorted Fresh Made Pizza 	Whole Grain Chicken Nuggets 	100% Hot Beef Hot Dog W. Bun 

Favorites are served with the fresh side of the day, Vegetable/fruit Bar, and milk choice.

*You may qualify for free or reduced price meals.
 Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (650)903-6965.

December Seasonal Fruits and Vegetables
 Persimmons, Broccoli, Pears, Apples, Tangerines

A complete lunch includes an entree supplying protein, grain, vegetables, fruit and 1% or fat free milk. USDA requires that a student select 3 to 5 different components. A cold vegetable /fresh fruit bar is available daily, on which we feature a variety of veggies and fruits including locally grown when seasonally available. We offer deeply colored, nutrient-rich veggies including red/orange and dark green vegetables, as well as beans and other additional choices.



