



# ELEMENTARY SCHOOL Breakfast & Lunch Menu

# APRIL 2018

**MILK SERVED  
WITH  
BREAKFAST &  
LUNCH**

*A complete meal consists of at least 3 items at breakfast. One of the 3 items must be a Fruit or Juice.*

*Complimentary Breakfast Served to ALL Elementary Students and Complimentary Lunch Served at the following Elementary Schools: Allen, Berlanga, Calk-Wilson, Club Estates, Crockett, Evans, Fannin, Galvan, Garcia, Gibson, Hicks, Houston, Kostoryz, Los Encinos, Meadowbrook, Menger, Metro E, Montclair, Moore, Oak Park, Sanders, Schanen, Shaw, Smith, Travis, Woodlawn, Yeager, and Zavala!!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Breakfast: Beef Sausage Biscuit Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Chicken &amp; Cheese Burrito w/Chili OR Turkey Ham &amp; Cheese Sandwich OR Yogurt w/Granola &amp; Pretzels Pinto Beans Salsa Romaine Lettuce w/Ranch Dressing Fruit</p>	<p><b>3</b></p> <p>Breakfast: Cereal Combo Frozen Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Pasta w/Meaty Meat Sauce OR Turkey &amp; Cheese Wrap OR Yogurt w/Granola &amp; Pretzels Green Beans Baby Carrots w/Ranch Dressing Fruit</p>	<p><b>4</b></p> <p>Breakfast: Bagelful w/Cream Cheese Fresh Apple Slices or Dried Fruit Orange Juice</p> <p>Lunch: Chicken Burger w/Pickle Chips OR Chicken Salad Sandwich OR Chef Salad w/Ranch Dressing &amp; Roll Mixed Vegetables Romaine Lettuce w/Ranch Dressing Fruit</p>	<p><b>5</b></p> <p>Breakfast: Mini Pancakes Fresh Banana or Dried Fruit Orange Juice</p> <p>Lunch: Steak Fingers/Roll w/Catsup OR Turkey Breast &amp; Cheese Sandwich OR Yogurt w/Granola &amp; Pretzels Mashed Potatoes w/Country Gravy Steamed Broccoli Fruit</p>	<p><b>6</b></p> <p>Breakfast: Banana Bread Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Hamburger or Cheeseburger on a Bun OR Tuna Salad Sandwich OR Yogurt w/Granola &amp; Pretzels Baked Potato Gems w/Catsup Romaine Lettuce w/Pickle Chips Fruit</p>
<p><b>9</b></p> <p>Breakfast: Breakfast on a Mini Bun Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Cheese Enchiladas w/Chili Spanish Rice OR Turkey Ham &amp; Cheese Sandwich OR Yogurt w/Granola &amp; Pretzels Pinto Beans Salsa Romaine Lettuce w/Ranch Dressing Fruit</p>	<p><b>10</b></p> <p>Breakfast: Cereal Combo Frozen Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Pepperoni Pizza OR Turkey &amp; Cheese Wrap OR Yogurt w/Granola &amp; Pretzels Green Beans Baby Carrots w/Ranch Dressing Fruit</p>	<p><b>11</b></p> <p>Breakfast: Ultimate Breakfast Round Fresh Apple Slices or Dried Fruit Orange Juice</p> <p>Lunch: Frito Pie w/Chili Beans OR Chicken Salad Sandwich OR Chef Salad w/Ranch Dressing &amp; Roll Sweet Corn Romaine Lettuce w/Ranch Dressing Fruit</p>	<p><b>12</b></p> <p>Breakfast: Mini French Toast Fresh Banana or Dried Fruit Orange Juice</p> <p>Lunch: Chicken Nuggets/Roll w/Catsup OR Turkey Breast &amp; Cheese Sandwich OR Yogurt w/Granola &amp; Pretzels Mashed Potatoes w/Brown Gravy Fresh Broccoli w/Ranch Dressing Fruit</p>	<p><b>13</b></p> <p>Breakfast: Banana Bread Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Hamburger or Cheeseburger on a Bun OR Tuna Salad Sandwich OR Yogurt w/Granola &amp; Pretzels Baked Potato Wedges w/Catsup Romaine Lettuce w/Pickle Chips Fruit</p>
<p><b>16</b></p> <p>Breakfast: Morning Sausage Roll Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Empanadas OR Turkey Ham &amp; Cheese Sandwich OR Yogurt w/Granola &amp; Pretzels Pinto Beans Salsa Romaine Lettuce w/Ranch Dressing Fruit</p>	<p><b>17</b></p> <p>Breakfast: Cereal Combo Frozen Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Savory Chicken w/Gravy over Brown Rice OR Turkey &amp; Cheese Wrap OR Yogurt w/Granola &amp; Pretzels Candied Sweet Potatoes Steamed California Vegetables Fruit Homemade Buttered Cornbread</p>	<p><b>18</b></p> <p>Breakfast: Breakfast Pizza Fresh Apple Slices or Dried Fruit Orange Juice</p> <p>Lunch: Hot Dog w/Chili on Bun w/Mustard or Catsup OR Chicken Salad Sandwich OR Chef Salad w/Ranch Dressing &amp; Roll Sweet Corn Spinach Salad w/Mandarin Oranges Fruit</p>	<p><b>19</b></p> <p>Breakfast: Mini Waffles Fresh Banana or Dried Fruit Orange Juice</p> <p>Lunch: Chicken Nuggets/Roll w/Catsup OR Turkey Breast &amp; Cheese Sandwich OR Yogurt w/Granola &amp; Pretzels Mashed Potatoes w/Brown Gravy Fresh Broccoli w/Ranch Dressing Fruit</p>	<p><b>20</b></p> <p>Breakfast: Banana Bread Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Hamburger or Cheeseburger on a Bun OR Tuna Salad Sandwich OR Yogurt w/Granola &amp; Pretzels Baked Potato Wedges w/Catsup Romaine Lettuce w/Pickle Chips Fruit</p>
<p><b>23</b></p> <p>Breakfast: Beef Sausage Biscuit Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Chicken &amp; Cheese Burrito w/Chili OR Turkey Ham &amp; Cheese Sandwich OR Yogurt w/Granola &amp; Pretzels Pinto Beans Salsa Romaine Lettuce w/Ranch Dressing Fruit</p>	<p><b>24</b></p> <p>Breakfast: Cereal Combo Frozen Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Pasta w/Meaty Meat Sauce OR Turkey &amp; Cheese Wrap OR Yogurt w/Granola &amp; Pretzels Green Beans Baby Carrots w/Ranch Dressing Fruit</p>	<p><b>25</b></p> <p>Breakfast: Bagelful w/Cream Cheese Fresh Apple Slices or Dried Fruit Orange Juice</p> <p>Lunch: Chicken Burger w/Pickle Chips OR Chicken Salad Sandwich OR Chef Salad w/Ranch Dressing &amp; Roll Mixed Vegetables Romaine Lettuce w/Ranch Dressing Fruit</p>	<p><b>26</b></p> <p>Breakfast: Mini Pancakes Fresh Banana or Dried Fruit Orange Juice</p> <p>Lunch: Steak Fingers/Roll w/Catsup OR Turkey Breast &amp; Cheese Sandwich OR Yogurt w/Granola &amp; Pretzels Mashed Potatoes w/Country Gravy Steamed Broccoli Fruit</p>	<p><b>27</b></p> <p>Breakfast: Banana Bread Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Hamburger or Cheeseburger on a Bun OR Tuna Salad Sandwich OR Yogurt w/Granola &amp; Pretzels Baked Potato Gems w/Catsup Romaine Lettuce w/Pickle Chips Fruit</p>
<p><b>30</b></p> <p>Breakfast: Breakfast on a Mini Bun Fruit Cup or Dried Fruit Orange Juice</p> <p>Lunch: Cheese Enchiladas w/Chili Spanish Rice OR Turkey Ham &amp; Cheese Sandwich OR Yogurt w/Granola &amp; Pretzels Pinto Beans Salsa Romaine Lettuce w/Ranch Dressing Fruit</p>	<p><i>The simple way to pre-pay for student meals</i>  <b>MY SCHOOL BUCKS</b>  <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a>  <i>View purchases, Check balances. Secure, Convenient-Available 24/7 on the Web or Mobile App</i></p> <p><i>Online Free and Reduced Meal Application</i>  <b>SCHOOL LUNCH APP</b>  <a href="http://www.schoollunchapp.com">www.schoollunchapp.com</a>  <i>-Private -Convenient -Secure -Faster than paper application</i></p> <p><b>SCHOOL LUNCH STATUS</b>  <i>View Students Meal Application status</i>  <a href="http://www.schoollunchstatus.com">www.schoollunchstatus.com</a></p> <p><i>Visit ChooseMyPlate at</i>  <a href="http://www.ChooseMyPlate.gov">www.ChooseMyPlate.gov</a></p> <p><b>TRY NEW FOODS</b>  <i>Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite!</i>  <i>Trade fun and tasty recipes with friends or find them online at</i>  <a href="https://whatscooking.fns.usda.gov/">https://whatscooking.fns.usda.gov/</a></p> <p><b>DON'T FORGET THE DAIRY</b>  <i>Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.</i></p> <p><b>SATISFY YOUR SWEET TOOTH IN A HEALTHY WAY</b>  <i>Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.</i></p>			

Click here to visit the Office of Food Services website or go to <https://www.ccisd.us/departments/food-services/office-of-food-services>

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