



ALL MEALS ARE AT NO COST TO ALL STUDENTS.



ALUM ROCK UNION ELEMENTARY SCHOOL DISTRICT K8 • MAR - JUN 2020

Menu Key
(V) Vegetarian
(C) Chicken
(B) Beef
(P) Pork
(T) Turkey

SELECT 3 FOOD ITEMS TO MAKE A BREAKFAST! MUST TAKE AN ENTREE AND 1/2 CUP FRUIT OR JUICE

Please encourage your child to select at least one fruit or vegetable every day for better health!

Lunch Salad Bar:
Fresh Mix Salads, Fresh Vegetables, Legumes and so much more!



What Makes A Complete Lunch?
Choose At Least 3 Different food components AND One Must Be 1/2 Cup Of Fruit or Vegetable

- ★ FRUIT
- ★ VEGETABLE
- ★ PROTEIN
- ★ GRAIN
- ★ MILK

*Vegetarian Options Available Upon Request!

Menu Subject to change without notice. This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAR 2 Yogurt with Honey Crackers (V) **** Deep Dish Pizza (T) Chili Cheese Flaquito (V) Spicy Chicken Patty (C) Fresh Fruit	MAR 3 Cini Mini (V) **** Corn Dog (C) Chimi Nada Pocket (V) Sweet and Spicy Chicken with Rice (C) Fresh Fruit	MAR 4 Sausage & Cheese Bagel (B) **** Drumstick with Roll (C) Pinwheel (P) Nachos (B/V) Fresh Fruit *See Below	MAR 5 Sweet Potato Muffin Top (V) **** Cheeseburger Sliders (B) Mac & Cheese (V) Hot Links (B) Fresh Fruit	MAR 6 Breakfast Sandwich (P) **** Pork Chop w/ Mashed Potatoes and Roll (P) Bean and Cheese Burrito (V) Mini Corn Dogs (C) Fruit Bowl
MAR 9 Breakfast Pizza (B) **** Pizza Cheese Sliders (V) Chile & Cheese Tamale (V) Pizza (P/V) Fresh Fruit	MAR 10 Bagel and Cream Cheese (V) **** Spicy Chicken Sliders (C) Egg Roll (C) Chinese Chicken Salad (C) Fresh Fruit *See Below	MAR 11 Chocolate Banana Breakfast Bar (V) **** Chicken Strips w/ Roll (C) Chimichanga (B) Deli Sandwich (T) Fresh Fruit *See Below	MAR 12 Mini Waffle (V) **** Pasta w/ Meat Sauce & Roll (B) Pepperoni Calzone (T) Jalapeno Burger (B) Fresh Fruit *See Below	MAR 13 Cinnamon Toast Bar (V) **** Homemade Chili (B) Grilled Cheese (V) Drumstick w/ Mac & Cheese (C) Fruit Bowl
MAR 16 Pancake Sandwich (B) **** Pepperoni Pizza (P) Bean and Cheese Dip Bowl (V) Spicy Chicken Patty (C) Fresh Fruit	MAR 17 Bagel and Cream Cheese (V) **** Chili Cheese Dog (C) Chicken and Cheese Tamale (C) Sweet & Spicy Chicken with Rice (C) Fresh Fruit *See Below	MAR 18 Oatmeal Cocoa Chip Bar (V) **** Chicken Sandwich (C) Taco Stick (B) Nachos (B/V) Fresh Fruit	MAR 19 Cinnamon Glazed Pancake (V) **** American Burger (B) Spaghetti w/ Meat Sauce & Roll (B) Hot Links (B) Fresh Fruit *See Below	MAR 20 Glazed Bun (V) **** Chicken Bites w/ Hash Browns (C) Cheesy Flatbread (V) Mini Corn Dogs (C) Fruit Bowl
MAR 23 Yogurt with Honey Crackers (V) **** Deep Dish Pizza (T) Chili Cheese Flaquito (V) Pizza (P/V) Fresh Fruit	MAR 24 Cini Mini (V) **** Corn Dog (C) Chimi Nada Pocket (V) Chinese Chicken Salad (C) Fresh Fruit	MAR 25 Sausage & Cheese Bagel (B) **** Drumstick with Roll (C) Pinwheel (P) Deli Sandwich (T) Fresh Fruit *See Below	MAR 26 Sweet Potato Muffin Top (V) **** Cheeseburger Sliders (B) Mac & Cheese (V) Jalapeno Burger (B) Fresh Fruit	MAR 27  Cesar Chavez Day
MAR 30 Breakfast Pizza (B) **** Pizza Cheese Sliders (V) Chile & Cheese Tamale (V) Spicy Chicken Patty (C) Fresh Fruit	MAR 31 Bagel and Cream Cheese (V) **** Spicy Chicken Sliders (C) Egg Roll (C) Sweet & Spicy Chicken with Rice (C) Fresh Fruit *See Below	APR 1 Chocolate Banana Breakfast Bar (V) **** Chicken Strips w/ Roll (C) Chimichanga (B) Nachos (B/V) Fresh Fruit	APR 2 Mini Waffle (V) **** Pasta w/ Meat Sauce & Roll (B) Pepperoni Calzone (T) Hot Links (B) Fresh Fruit *See Below	APR 3 Cinnamon Toast Bar (V) **** Homemade Chili (B) Grilled Cheese (V) Chef Salad (T) Fruit Bowl
APR 6 Pancake Sandwich (B) **** Pepperoni Pizza (P) Bean and Cheese Dip Bowl (V) Pizza (P/V) Fresh Fruit	APR 7 Bagel and Cream Cheese (V) **** Chili Cheese Dog (C) Chicken and Cheese Tamale (C) Chinese Chicken Salad (C) Fresh Fruit *See Below	APR 8 Oatmeal Cocoa Chip Bar (V) **** Chicken Sandwich (C) Taco Stick (B) Deli Sandwich (T) Fresh Fruit *See Below	APR 9 Cinnamon Glazed Pancake (V) **** American Burger (B) Spaghetti w/ Meat Sauce & Roll (B) Jalapeno Burger (B) Fresh Fruit *See Below	APR 10 Glazed Bun (V) **** Chicken Bites w/ Hash Browns (C) Cheesy Flatbread (V) Drumstick w/ Mac & Cheese (C) Fruit Bowl

APR 13 - 17

SPRING



BREAK



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SELECT AT
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Lunch Salad Bar.
Fresh Mix Salads, Fresh Vegetables, Legumes and so much more!



Choose **MyPlate.gov**

What Makes A Complete Lunch?

Choose At Least 3 Different food components
AND
One Must Be 1/2 Cup Of Fruit or Vegetable

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- ★ VEGETABLE
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APR 20 Cereal with Honey Crackers (V) **** Deep Dish Pizza (T) Nachos (V) Fresh Fruit	APR 21 Cinni Mini (V) **** Corn Dog (C) Chili Cheese Flaquito (V) Sweet & Spicy Chicken with Rice (C) Fresh Fruit	APR 22 Sausage & Cheese Bagel (B) **** Chimi Nada Pocket (V) Pinwheel (P) Nachos (B/V) Fresh Fruit	APR 23 Sweet Potato Muffin Top (V) **** Cheeseburger Sliders (B) Mac & Cheese (V) Hot Links (B) Fresh Fruit	APR 24 Breakfast Sandwich (P) **** Pork Chop w/ Mashed Potatoes and Roll (P) Bean Cheese Burrito (V) Chef Salad (T) Fruit Bowl
APR 27 Breakfast Pizza (B) **** Pizza Cheese Sliders (V) Chile & Cheese Tamale (V) Pizza (B/V) Fresh Fruit	APR 28 Bagel and Cream Cheese (V) **** Spicy Chicken Sliders (C) Egg Roll (C) Chinese Chicken Salad (C) Fresh Fruit *See below	APR 29 Chocolate Banana Breakfast Bar (V) **** Chicken Strips w/ Roll (C) Chimichanga (B) Deli Sandwich (T) Fresh Fruit *See below	APR 30 Mini Waffle (V) **** Pasta w/ Meat Sauce & Roll (B) Pepperoni Calzone (T) Jalapeno Burger (B) Fresh Fruit *See Below	MAY 1 Cinnamon Toast Bar (V) **** Teriyaki Chicken Fajita w/ Noodle (C) Grilled Cheese (V) Drumstick w/ Mac & Cheese (C) Fresh Fruit
MAY 4 Pancake Sandwich (B) **** Pepperoni Pizza (P) Bean and Cheese Dip Bowl (V) Spicy Chicken Patty (C) Fresh Fruit	MAY 5 Bagel and Cream Cheese (V) **** Chili Cheese Dog (C) Chicken and Cheese Tamale (C) Sweet & Spicy Chicken with Rice (C) Fresh Fruit *See Below	MAY 6 Oatmeal Cocoa Chip Bar (V) **** Chicken Sandwich (C) Taco Stick (B) Nachos (B/V) Fresh Fruit *See Below	MAY 7 Cinnamon Glazed Pancake (V) **** American Burger (B) Spaghetti w/ Meat Sauce & Roll (B) Hot Links (B) Fresh Fruit *See Below	MAY 8 Glazed Bun (V) **** Chicken Bites w/ Hash Browns (C) Cheesy Flatbread (V) Chef Salad (T) Fruit Bowl
MAY 11 Yogurt with Honey Crackers (V) **** Deep Dish Pizza (T) Chili Cheese Flaquito (V) Pizza (P/V) Fresh Fruit	MAY 12 Cinni Mini (V) **** Corn Dog (C) Chimi Nada Pocket (V) Chinese Chicken Salad (C) Fresh Fruit	MAY 13 Sausage & Cheese Bagel (B) **** Drumstick w/Roll (C) Pinwheel (P) Deli Sandwich (T) Fresh Fruit *See Below	MAY 14 Sweet Potato Muffin Top (V) **** Cheeseburger Sliders (B) Mac & Cheese (V) Jalepeno Burger (B) Fresh Fruit	MAY 15 Breakfast Sandwich (P) **** Pork Chop w/ Mashed Potatoes and Roll (P) Bean Cheese Burrito (V) Drumstick w/ Mac & Cheese (C) Fruit Bowl
MAY 18 Breakfast Pizza (B) **** Pizza Cheese Sliders (V) Chile & Cheese Tamale (V) Spicy Chicken Patty (C) Fresh Fruit	MAY 19 Bagel and Cream Cheese (V) **** Spicy Chicken Sliders (C) Egg Roll (C) Sweet & Spicy Chicken with Rice (C) Fresh Fruit *See Below	MAY 20 Chocolate Banana Breakfast Bar (V) **** Chicken Strips w/ Roll (C) Chimichanga (B) Nachos (B/V) Fresh Fruit	MAY 21 Mini Waffle (V) **** Pasta w/ Meat Sauce & Roll (B) Pepperoni Calzone (T) Hot Links (B) Fresh Fruit *See Below	MAY 22 Cinnamon Toast Bar (V) **** Teriyaki Chicken Fajita w/ Noodles (C) Grilled Cheese (V) Chef Salad (T) Fresh Fruit
MAY 25  HAPPY MEMORIAL DAY	MAY 26 Bagel and Cream Cheese (V) **** Chili Cheese Dog (C) Chicken and Cheese Tamale (C) Chinese Chicken Salad (C) Fresh Fruit *See Below	MAY 27 Oatmeal Cocoa Chip Bar (V) **** Pepperoni Pizza (P) Taco Stick (B) Deli Sandwich (T) Fresh Fruit *See Below	MAY 28 Cinnamon Glazed Pancake (V) **** American Burger (B) Spaghetti w/ Meat Sauce & Roll (B) Jalapeno Burger (B) Fresh Fruit *See Below	MAY 29 Glazed Bun (V) **** Chicken Bites w/ Hash Browns (C) Cheesy Flatbread (V) Drumstick w/ Mac & Cheese (C) Fruit Bowl
JUN 1 Yogurt with Honey Crackers (V) **** Deep Dish Pizza (T) Chili Cheese Flaquito (V) Spicy Chicken Patty (C) Fresh Fruit	JUN 2 Cinni Mini (V) **** Corn Dog (C) Chimi Nada Pocket (V) Sweet & Spicy Chicken with Rice (C) Fresh Fruit	JUN 3 Sausage & Cheese Bagel (B) **** Drumstick with Roll (C) Pinwheel (P) Nachos (B/V) Fresh Fruit	JUN 4 Sweet Potato Muffin Top (V) **** Cheeseburger Sliders (B) Mac & Cheese (V) Hot Links (B) Fresh Fruit	JUN 5 Breakfast Sandwich (P) **** Pork Chop w/ Mashed Potatoes and Roll (P) Bean Cheese Burrito (V) Chef Salad (T) Fruit Bowl
JUN 8 Breakfast Pizza (B) **** Pizza Cheese Sliders (V) Chile & Cheese Tamale (V) Fresh Fruit	JUN 9 Cereal with Honey Crackers (V) **** Cooks Choice Fresh Fruit			