



# ALUM ROCK UNION ELEMENTARY SCHOOL DISTRICT MIDDLE • MAR – JUN 2020

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

ALL MEALS ARE AT  
NO COST TO  
ALL STUDENTS.

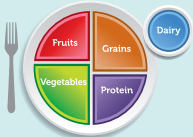


SELECT  
3  
AT  
LEAST  
FOOD  
ITEMS

**TO MAKE A  
BREAKFAST!  
MUST TAKE AN  
ENTRÉE 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!



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

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

\*Vegetarian Options  
Available Upon Request!



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This institution is an equal  
opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAR 2</b> Bagel and Cream Cheese (V) **** Spicy Chicken Patty (C) Caesar Salad (C) Fresh Fruit *See Below	<b>MAR 3</b> Pancake Stick (P) **** Sweet and Spicy Chicken and Rice (C) Chinese Chicken Salad (C) Fresh Fruit *See Below	<b>MAR 4</b> Chocolate Chip Bread (V) **** Nachos (B/V) Deli Sandwich (T) Fresh Fruit *See Below	<b>MAR 5</b> Waffle & Strawberries (V) **** Hot Links (B) Peanut Butter & Jelly (V) Fresh Fruit *See Below	<b>MAR 6</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Mini Corn Dogs (C) Chef Salad (T) Fruit Bowl *See Below
<b>MAR 9</b> Waffle & Sausage Sandwich (V) **** Pizza (P/V) Caesar Salad (C) Fresh Fruit	<b>MAR 10</b> Potato & Chorizo Burrito (B) **** Korean BBQ Beef w/ Rice (B) Chinese Chicken Salad (C) Fresh Fruit *See Below	<b>MAR 11</b> Cinnamon Roll (V) **** Chicken Tamale (C) Chile Colorado (P) Deli Sandwich (T) Fresh Fruit *See Below	<b>MAR 12</b> Sausage & Cheese Bagel (B) **** Jalepeno Burger (B) Peanut Butter & Jelly Sandwich (V) Fresh Fruit	<b>MAR 13</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Drumstick w/ Mac & Cheese (C) Chef Salad (T) Fruit Bowl *See Below
<b>MAR 16</b> Bagel and Cream Cheese (V) **** Spicy Chicken Patty (C) Caesar Salad (C) Fresh Fruit *See Below	<b>MAR 17</b> Pancake Stick (P) **** Sweet and Spicy Chicken and Rice (C) Chinese Chicken Salad (C) Fresh Fruit *See Below	<b>MAR 18</b> Chocolate Chip Bread (V) **** Nachos (B/V) Deli Sandwich (T) Fresh Fruit *See Below	<b>MAR 19</b> Waffle & Strawberries (V) **** Hot Links (B) Peanut Butter & Jelly (V) Fresh Fruit	<b>MAR 20</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Mini Corn Dogs (C) Chef Salad (T) Fruit Bowl *See Below
<b>MAR 23</b> Waffle & Sausage Sandwich (B) **** Pizza (P/V) Caesar Salad (C) Fresh Fruit	<b>MAR 24</b> Potato & Chorizo Burrito (B) **** Korean BBQ Beef w/ Rice (B) Chinese Chicken Salad (C) Fresh Fruit *See Below	<b>MAR 25</b> Cinnamon Roll (V) **** Chicken Tamale (C) Chile Colorado (P) Deli Sandwich (T) Fresh Fruit *See Below	<b>MAR 26</b> Sausage & Cheese Bagel (B) **** Jalepeno Burger (B) Peanut Butter & Jelly Sandwich (V) Fresh Fruit	<b>MAR 27</b>  Cesar Chavez Day
<b>MAR 30</b> Bagel and Cream Cheese (V) **** Spicy Chicken Patty (C) Caesar Salad (C) Fresh Fruit *See Below	<b>MAR 31</b> Pancake Stick (P) **** Sweet and Spicy Chicken and Rice (C) Chinese Chicken Salad (C) Fresh Fruit *See Below	<b>APR 1</b> Chocolate Chip Bread (V) **** Nachos (B/V) Deli Sandwich (T) Fresh Fruit *See Below	<b>APR 2</b> Waffle & Strawberries (V) **** Hot Links (B) Mini Corn Dogs (C) Peanut Butter & Jelly (V) Fresh Fruit	<b>APR 3</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Spaghetti and Meatballs w/ Garlic Bread (C) Chef Salad (T) Fruit Bowl *See Below
<b>APR 6</b> Waffle & Sausage Sandwich (B) **** Pizza (P/V) Caesar Salad (C) Fresh Fruit	<b>APR 7</b> Potato & Chorizo Burrito (B) **** Korean BBQ Beef w/ Rice (B) Chinese Chicken Salad (C) Fresh Fruit *See Below	<b>APR 8</b> Cinnamon Roll (V) **** Chicken Tamale (C) Chile Colorado (P) Deli Sandwich (T) Fresh Fruit *See Below	<b>APR 9</b> Sausage & Cheese Bagel (B) **** Jalepeno Burger (B) Peanut Butter & Jelly Sandwich (V) Fresh Fruit	<b>APR 10</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Drumstick w/ Mac & Cheese (C) Chef Salad (T) Fruit Bowl *See Below

APR 13 – 17

# SPRING



# BREAK



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(T) Turkey

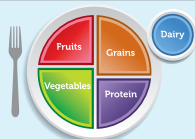


SELECT 3 AT LEAST 1 FOOD ITEM

**TO MAKE A BREAKFAST!**  
**MUST TAKE AN ENTRÉE 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!



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

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

\*Vegetarian Options Available Upon Request!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>APR 20</b> Bagel and Cream Cheese (V) **** Spicy Chicken Patty (C) Caesar Salad (C) Fresh Fruit *See Below	<b>APR 21</b> Pancake Stick (P) **** Sweet and Spicy Chicken and Rice (C) Chinese Chicken Salad (C) Fresh Fruit *See Below	<b>APR 22</b> Chocolate Chip Bread (V) **** Nachos (B/V) Deli Sandwich (T) Fresh Fruit	<b>APR 23</b> Waffle & Strawberries (V) **** Hot Links (B) Mini Corn Dogs (C) Peanut Butter & Jelly (V) Fresh Fruit	<b>APR 24</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Spaghetti & Meatballs w/ Garlic Bread (C) Chef Salad (T) Fruit Bowl *See Below
<b>APR 27</b> Waffle & Sausage Sandwich (B) **** Pizza (B/V) Caesar Salad (C) Fresh Fruit	<b>APR 28</b> Potato & Chorizo Burrito (B) **** Korean BBQ Beef w/ Rice (B) Chinese Chicken Salad (C) Fresh Fruit *See below	<b>APR 29</b> Cinnamon Roll (V) **** Chicken Tamale (C) Chile Colorado (P) Deli Sandwich (T) Fresh Fruit *See below	<b>APR 30</b> Sausage & Cheese Bagel (B) **** Jalapeno Burger (B) Peanut Butter & Jelly (V) Fresh Fruit	<b>MAY 1</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Drumstick w/ Mac & Cheese (C) Chef Salad (T) Fresh Fruit *See Below
<b>MAY 4</b> Bagel and Cream Cheese (V) **** Spicy Chicken Patty (C) Caesar Salad (C) Fresh Fruit *See Below	<b>MAY 5</b> Pancake Stick (P) **** Sweet and Spicy Chicken and Rice (C) Chinese Chicken Salad (C) Fresh Fruit *See Below	<b>MAY 6</b> Chocolate Chip Bread (V) **** Nachos (B/V) Deli Sandwich (T) Fresh Fruit	<b>MAY 7</b> Waffle & Strawberries (V) **** Hot Links (B) Mini Corn Dogs (C) Peanut Butter & Jelly (V) Fresh Fruit	<b>MAY 8</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Spaghetti & Meatballs w/ Garlic Bread (C) Chef Salad (T) Fruit Bowl *See Below
<b>MAY 11</b> Waffle & Sausage Sandwich (B) **** Pizza (B/V) Caesar Salad (C) Fresh Fruit	<b>MAY 12</b> Potato & Chorizo Burrito (B) **** Korean BBQ Beef w/ Rice (B) Chinese Chicken Salad (C) Fresh Fruit *See below	<b>MAY 13</b> Cinnamon Roll (V) **** Chicken Tamale (C) Chile Colorado (P) Deli Sandwich (T) Fresh Fruit *See below	<b>MAY 14</b> Sausage & Cheese Bagel (B) **** Jalapeno Burger (B) Peanut Butter & Jelly (V) Fresh Fruit	<b>MAY 15</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Drumstick w/ Mac & Cheese (C) Chef Salad (T) Fresh Fruit *See Below
<b>MAY 18</b> Bagel and Cream Cheese (V) **** Spicy Chicken Patty (C) Caesar Salad (C) Fresh Fruit *See Below	<b>MAY 19</b> Pancake Stick (P) **** Sweet and Spicy Chicken and Rice (C) Chinese Chicken Salad (C) Fresh Fruit *See Below	<b>MAY 20</b> Chocolate Chip Bread (V) **** Nachos (B/V) Deli Sandwich (T) Fresh Fruit	<b>MAY 21</b> Waffle & Strawberries (V) **** Hot Links (B) Mini Corn Dogs (C) Peanut Butter & Jelly (V) Fresh Fruit	<b>MAY 22</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Spaghetti & Meatballs w/ Garlic Bread (C) Chef Salad (T) Fruit Bowl *See Below
<b>MAY 25</b>  <b>HAPPY MEMORIAL DAY</b>	<b>MAY 26</b> Potato & Chorizo Burrito (B) **** Korean BBQ Beef w/ Rice (B) Chinese Chicken Salad (C) Fresh Fruit *See below	<b>MAY 27</b> Cinnamon Roll (V) **** Chicken Tamale (C) Chile Colorado (P) Deli Sandwich (T) Fresh Fruit *See below	<b>MAY 28</b> Sausage & Cheese Bagel (B) **** Jalapeno Burger (B) Peanut Butter & Jelly (V) Fresh Fruit	<b>MAY 29</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Drumstick w/ Mac & Cheese (C) Chef Salad (T) Fresh Fruit *See Below
<b>JUN 1</b> Bagel and Cream Cheese (V) **** Spicy Chicken Patty (C) Caesar Salad (C) Fresh Fruit *See Below	<b>JUN 2</b> Pancake Stick (P) **** Sweet and Spicy Chicken and Rice (C) Chinese Chicken Salad (C) Fresh Fruit *See Below	<b>JUN 3</b> Chocolate Chip Bread (V) **** Nachos (B/V) Deli Sandwich (T) Fresh Fruit	<b>JUN 4</b> Waffle & Strawberries (V) **** Hot Links (B) Mini Corn Dogs (C) Peanut Butter & Jelly (V) Fresh Fruit	<b>JUN 5</b> Yogurt Parfait (V) Oatmeal Bowl (V) **** Spaghetti & Meatballs w/ Garlic Bread (C) Chef Salad (T) Fruit Bowl *See Below
<b>JUN 8</b> Waffle & Sausage Sandwich (B) **** Pizza (B/V) Caesar Salad (C) Fresh Fruit	<b>JUN 9</b> Cereal with Honey Crackers (V) **** Cooks Choice Fresh Fruit			

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