

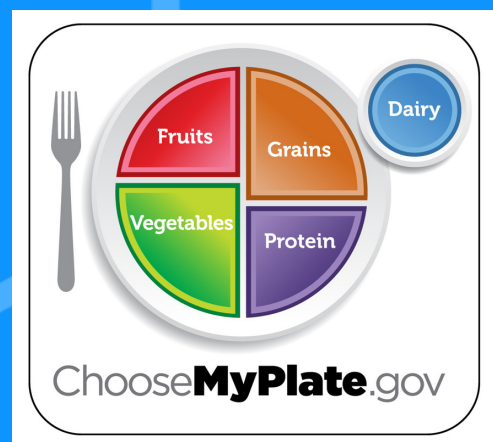
# ALUM ROCK UNION SCHOOL DISTRICT

## K-8

### MAY/JUNE 2021

**ALL MEALS ARE  
AT NO COST TO  
ALL STUDENTS!**

**MENU KEY:**  
(V) Vegetarian  
(C) Chicken  
(B) Beef  
(P) Pork  
(T) Turkey

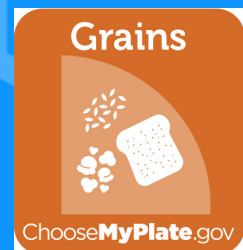


### TO MAKE A BREAKFAST:

Must take an entree  
& 1/2 cup of fruit or  
juice!

### WHAT MAKES A COMPLETE LUNCH?

Choose at least 3  
different food  
components  
&  
one must be 1/2 cup of  
fruit or vegetables!



MON	TUE	WED	THU	FRI
<b>MAY 3</b> Oatmeal Breakfast Bun(V) **** Penne Pasta Turkey Ham & Cheese(T/P) Fruit/Veg	<b>MAY 4</b> Sweet Pot Choc Muffin(V) **** Chimi Nada Pocket(V) PB &J Sandwich/Sunbutter Sandwich(V) Fruit/Veg	<b>MAY 5</b> Mini Waffle Blueberry(V) **** Pepperoni Pizza(B/P) Turkey Ham & Cheese(T/P) Harvest of the Month: Fruit/Veg	<b>MAY 6</b> Mini Bagel Strawberry Cream Cheese(V) **** Cheeseburger Sliders(B) PB &J Sandwich/Sunbutter Sandwich(V) Fruit/Veg	<b>MAY 7</b> 3 Day Bulk Weekend Meals Cereal (V) **** Orange Chicken (C) (5# bag) and/or Bean & Cheese Burrito(V) Fruit/Veg
<b>MAY 10</b> French Toast Sticks (V) **** Cheese Bites (V) Turkey Ham & Cheese Sandwich (T/P) Fruit/Veg	<b>MAY 11</b> Blueberry Muffin (V) **** Bean Cheese Tamale (V) PB & J Sandwich/Sunbutter Sandwich (V) Fruit/Veg	<b>MAY 12</b> Cinnamon Bun (V) **** Chicken Nuggets w/roll(C) Turkey Ham & Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	<b>MAY 13</b> Bagel Cream Cheese (V) **** American Burger (B) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	<b>MAY 14</b> 3 Day Bulk Weekend Meals Cereal (V) **** Spaghetti w/beef sauce (B) (5# bag) and/or Three Cheese Corn Tacos (V) Fruit/Veg
<b>MAY 17</b> Cinn Apple Chewie Bar (V) **** Enchiladas Cheese (V) Turkey Ham & Cheese Sandwich (T/P) Fruit/Veg	<b>MAY 18</b> Choc Muffin Top (V) **** Chicken Chile Verde Tamale (C) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	<b>MAY 19</b> Cinnamon Roll (V) **** Spaghetti w/meat sauce (B) Turkey Ham & Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	<b>MAY 20</b> Mini Bagel Cinnamon Cream Cheese (V) **** Chicken Double Dog (C) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	<b>MAY 21</b> 3 Day Bulk Weekend Meals Cereal (V) **** Teriyaki Chicken (C) (5# bag) and/or Bean & Cheese Burrito (V) Fruit/Veg
<b>MAY 24</b> Buttermilk Bar (V) **** Drumstick w/roll(C) Turkey Ham & Cheese Sandwich (T/P) Fruit/Veg	<b>MAY 25</b> Cherry Muffin (V) **** Bean & Cheese Burrito (V) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	<b>MAY 26</b> Cinni Mini (V) **** Pizza Deep Dish (V) Turkey Ham & Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	<b>MAY 27</b> Bagel Cinnamon Raisin Cream Cheese (V) **** Corn Dog (C) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	<b>MAY 28</b> 3 Day Bulk Weekend Meals Cereal (V) **** Mac and Cheese (V) (5# bag) and/or Three Cheese Corn Tacos(V) Fruit/Veg

**\* MENU SUBJECT TO CHANGE WITHOUT NOTICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**



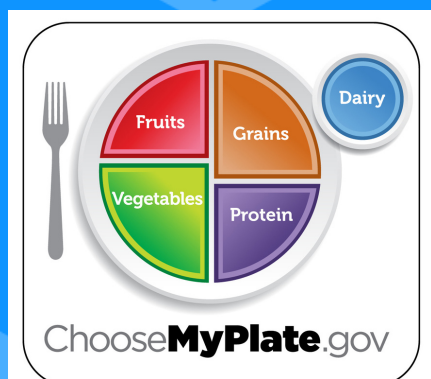
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#### HARVEST OF THE MONTH



One of our harvests of the month is Murcott Mandarins. Murcott Mandarins are known for their abundance of fresh, colorful juice. They are distinct in that their skin is very thin and clings to its flesh. They are excellent for eating out of hand as well as for juicing or for making jam.



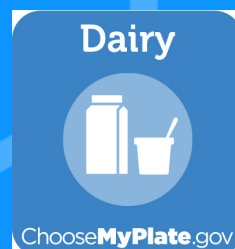
Snow peas are sometimes referred to as Chinese pea pods, as they're said to have originated from Southwest Asia. They are our other harvests of the month. Snow peas are low in calories and provide many nutrients, including fiber, vitamin C, vitamin K and folate.

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Must take an entree  
& 1/2 cup of fruit or  
juice!

#### WHAT MAKES A COMPLETE LUNCH?

Choose at least 3 different  
food components  
&  
one must be 1/2 cup of fruit  
or vegetables!



### MON

### TUE

### WED

### THU

### FRI

**MAY 31**

**MEMORIAL DAY  
HOLIDAY  
NO SCHOOL**

**JUN 1**

Sweet Pot Choc Muffin (V)  
\*\*\*\*  
Chimi Nada Pocket (V)  
PB & J Sandwich/Sunbutter  
Sandwich (V)  
Fruit/Veg

**JUN 2**

Mini Waffle Blueberry(V)  
\*\*\*\*  
Pepperoni Pizza (B/P)  
Turkey Ham & Cheese  
Sandwich(T/P)  
Harvest of the Month:  
Fruit/Veg

**JUN 3**

Mini Bagel Strawberry  
Cream Cheese (V)  
\*\*\*\*  
Cheeseburger Sliders (B)  
PB & J Sandwich/Sunbutter  
Sandwich (V)  
Fruit/Veg

**JUN 4**

3 Day Bulk Weekend Meals  
Cereal (V)  
\*\*\*\*  
Orange Chicken (C)  
(5# bag) and/or  
Bean & Cheese Burrito (V)  
Fruit/Veg

**JUN 7**

French Toast Sticks (V)  
\*\*\*\*  
Chicken Nuggets w/roll (C)  
Turkey Ham & Cheese  
Sandwich (T/P)  
Fruit/Veg

**JUN 8**

Blueberry Muffin (V)  
\*\*\*\*  
Bean & Cheese Tamale (V)  
PB & J Sandwich/Sunbutter  
Sandwich (V)  
Fruit/Veg

**JUN 9**

Cinnamon Bun (V)  
\*\*\*\*  
Cheese Bites (V)  
Turkey Ham & Cheese  
Sandwich (T/P)  
Harvest of the Month:  
Fruit/Veg

**JUN 10**

Bagel Cream Cheese(V)  
\*\*\*\*  
American Burger (B)  
PB & J Sandwich/Sunbutter  
Sandwich (V)  
Fruit/Veg

**JUN 11**

3 Day Bulk Weekend Meals  
Cereal (V)  
\*\*\*\*  
Spaghetti w/beef sauce (B)  
(5# bag) and/or  
Three Cheese Corn Tacos  
Fruit/Veg

**JUN 14**

Cinn Apple Chewie Bar (V)  
\*\*\*\*  
Enchiladas Cheese (V)  
Turkey Ham & Cheese  
Sandwich (T/P)  
Fruit/Veg

**JUN 15**

Choc Muffin Top (V)  
\*\*\*\*  
Chicken Chile Verde  
Tamale (C)  
PB & J Sandwich/  
Sunbutter Sandwich (V)  
Fruit/Veg

**JUN 16**

Cinnamon Roll (V)  
\*\*\*\*  
Spaghetti w/meat sauce (B)  
Turkey Ham & Cheese  
Sandwich (T/P)  
Harvest of the Month:  
Fruit/Veg

**JUN 17**

Mini Bagel Cinnamon  
Cream Cheese (V)  
\*\*\*\*  
Chicken Double Dog (C)  
PB & J Sandwich/  
Sunbutter Sandwich (V)  
Fruit/Veg

**JUN 18**

3 Day Bulk Weekend Meals  
Cereal (V)  
\*\*\*\*  
Teriyaki Chicken (C)  
(5# bag) and/or  
Bean & Cheese Burrito (V)  
Fruit/Veg

**JUN 21**

Buttermilk Bar (V)  
\*\*\*\*  
Drumstick w/roll(C)  
Turkey Ham & Cheese  
Sandwich (T/P)  
Fruit/Veg

**JUN 22**

Cherry Muffin (V)  
\*\*\*\*  
Bean & Cheese Burrito (V)  
PB & J Sandwich/  
Sunbutter Sandwich (V)  
Fruit/Veg

**JUN 23**

Cinni Mini (V)  
\*\*\*\*  
Pizza Deep Dish (V)  
Turkey Ham & Cheese  
Sandwich (T/P)  
Harvest of the Month:  
Fruit/Veg

**JUN 24**

Bagel Cinnamon Raisin  
Cream Cheese (V)  
\*\*\*\*  
Corn Dog (C)  
PB & J Sandwich/  
Sunbutter Sandwich (V)  
Fruit/Veg

**JUN 25**

3 Day Bulk Weekend Meals  
Cereal (V)  
\*\*\*\*  
Mac and Cheese (V)  
(5# bag) and/or  
Three Cheese Corn  
Tacos(V)  
Fruit/Veg

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