



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



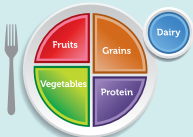
SELECT 3
AT LEAST
FOOD
ITEMS

**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!



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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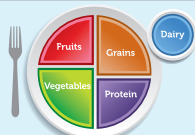


SELECT 3 AT LEAST 1 FOOD ITEM

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!



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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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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) Jalapeno 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			