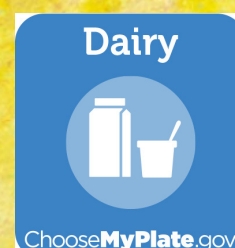
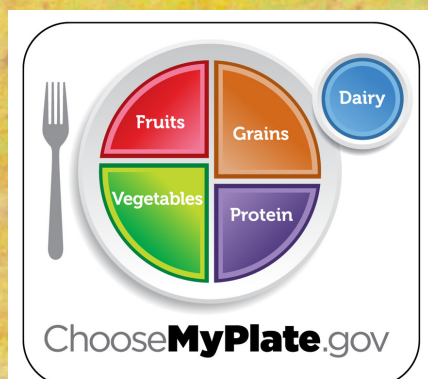




ALUM ROCK UNION SCHOOL DISTRICT SUMMER SCHOOL K-8 JUNE/JULY 2021

**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
JUN 28 Cinna Bun Roll(V) **** Penne Pasta (V) Turkey Ham & Cheese Sandwich (T/P) Fruit/Veg	JUN 29 Sweet Pot Choc Muffin (V) **** Chimi Nada Pocket (V) Sunbutter Sandwich (V) Fruit/Veg	JUN 30 Mini Waffle Blueberry(V) **** Pepperoni Pizza (B/P) Turkey Ham & Cheese Sandwich(T/P) Harvest of the Month: Fruit/Veg	JUL 1 Mini Bagel Strawberry Cream Cheese (V) **** Cheeseburger Sliders (B) Sunbutter Sandwich (V) Fruit/Veg	JUL 2 In Person: Grilled Cheese 3 Day Bulk Weekend Meals Cereal (V) **** Orange Chicken (C) (5# bag) and/or Bean & Cheese Burrito (V) Fruit/Veg
JUL 5 INDEPENDANCE DAY HOLIDAY NO SCHOOL 	JUL 6 Blueberry Muffin (V) **** Bean & Cheese Tamale (V) Sunbutter Sandwich (V) Fruit/Veg	JUL 7 Cinnamon Bun (V) **** Cheese Bites (V) Turkey Ham & Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	JUL 8 Bagel Cream Cheese(V) **** American Burger (B) Sunbutter Sandwich (V) Fruit/Veg	JUL 9 In Person: Grilled Cheese 3 Day Bulk Weekend Meals Cereal (V) **** Spaghetti w/beef sauce (B) (5# bag) and/or Three Cheese Corn Tacos Fruit/Veg
JUL 12 Cinn Apple Chewie Bar (V) **** Enchiladas Cheese (V) Turkey Ham & Cheese Sandwich (T/P) Fruit/Veg	JUL 13 Choc Muffin Top (V) **** Chicken Chile Verde Tamale (C) Sunbutter Sandwich (V) Fruit/Veg	JUL 14 Cinnamon Roll (V) **** Spaghetti w/meat sauce (B) Turkey Ham & Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	JUL 15 Mini Bagel Cinnamon Cream Cheese (V) **** Chicken Double Dog (C) Sunbutter Sandwich (V) Fruit/Veg	JUL 16 In Person: Spicy Grilled Cheese 3 Day Bulk Weekend Meals Cereal (V) Teriyaki Chicken (C) (5# bag) and/or Bean & Cheese Burrito (V) Fruit/Veg
JUL 19 Buttermilk Bar (V) **** Drumstick w/roll(C) Turkey Ham & Cheese Sandwich (T/P) Fruit/Veg	JUL 20 Cherry Muffin (V) **** Bean & Cheese Burrito (V) Sunbutter Sandwich (V) Fruit/Veg	JUL 21 Cinni Mini (V) **** Pizza Deep Dish (V) Turkey Ham & Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	JUL 22 Bagel Cinnamon Raisin Cream Cheese (V) **** Corn Dog (C) Sunbutter Sandwich (V) Fruit/Veg	JUL 23 In Person: Pinwheel Steak 3 Day Bulk Weekend Meals Cereal (V) **** Mac and Cheese (V) (5# bag) and/or Three Cheese Corn Tacos(V) Fruit/Veg

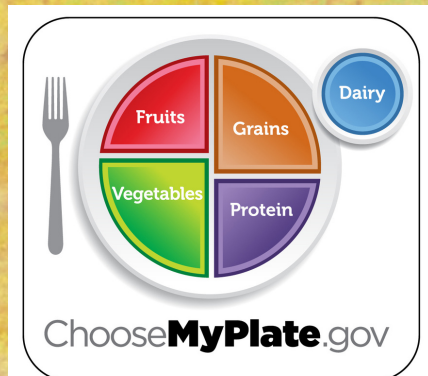
*** MENU SUBJECT TO CHANGE WITHOUT NOTICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**



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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

JUL 26

Breakfast Bun (V)

Penne Pasta (V)
Turkey Ham & Cheese
Sandwich (T/P)
Fruit/Veg

TUE

JUL 27

Sweet Pot Choc Muffin (V)

Chimi Nada Pocket (V)
Sunbutter Sandwich (V)
Fruit/Veg

WED

JUL 28

Mini Waffle Blueberry(V)

Pepperoni Pizza (B/P)
Turkey Ham & Cheese
Sandwich(T/P)
Harvest of the Month:
Fruit/Veg

THU

JUL 29

Mini Bagel Strawberry
Cream Cheese (V)

Cheeseburger Sliders (B)
Sunbutter Sandwich (V)
Fruit/Veg

FRI

JUL 30

In Person: Grilled Cheese
3 Day Bulk Weekend Meals
Cereal (V)

Orange Chicken (C)
(5# bag) and/or
Bean & Cheese Burrito (V)
Fruit/Veg

HARVEST OF THE MONTH



One of our harvests of the month is blueberries. Blueberries are often labeled a superfood, they are low in calories and incredibly good for you. A 1-cup serving of blueberries contains; 4 grams of fiber and 15 grams of carbohydrates. They are also about 85% water and an entire cup contains only 84 calories.



Cauliflower florets is our other harvests of the month. Cauliflower has become increasingly popular. This veggie is versatile, non-starchy, and contains a lot of fiber and other beneficial nutrients. A 1-cup serving contains; 2 grams of fiber and only 27 calories.

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