




Cabrillo Elementary School

Lunch Menu October 2019



Student lunch \$3.45 paid, .40 reduced*, free*, adults \$4.00, milk .50

*You may qualify for free or reduced price meals. The district highly encourages applying online at <http://wiseburnusd.heartlandapps.com>. Applications are also available at all school locations. For questions about the food service program please call Michael Gengler at (310) 725-4700 x4510

Monday	Tuesday	Wednesday	Thursday	Friday
NEW THIS SCHOOL YEAR				
The Wiseburn Unified School District (in partnership with Chartwells School Dining) will offer freshly prepared meals daily at Cabrillo Elementary School, offering two different entree choices per day. Come have a delicious lunch with us.				
30-Sep	1	2	3	4
WG Bagel Turkey Sausage Links Hash Brown Patty <i>or</i> Sun Butter & Jelly Sandwich Hash Brown Patty Salad Bar	Cheeseburger with Tater Tots <i>or</i> Popcorn Chicken Salad with a WG Roll Salad Bar	WG Spaghetti with Meatballs Seasoned Broccoli <i>or</i> Fruit Parfait Salad Bar	Macaroni and Cheese Seasoned Peas <i>or</i> Chicken Caesar Salad with a WG Roll Salad Bar	Cheese or Pepperoni Flatbread on WW Crust with Seasoned Carrots <i>or</i> Turkey and Cheese Wrap with Seasoned Carrots Salad Bar
7	8	9	10	11
WG Pancakes Turkey Sausage Links Hash Brown Patty <i>or</i> Sun Butter & Jelly Sandwich Hash Brown Patty Salad Bar	Beef Nachos with Refried Beans <i>or</i> Popcorn Chicken Salad with a WG Roll Salad Bar	Turkey Corn Dog with Tater Tots <i>or</i> Fruit Parfait Salad Bar	Crispy Chicken Sandwich with Seasoned Fries <i>or</i> Chicken Caesar Salad with a WG Roll Salad Bar	Cheese or Pepperoni Pizza on WG Crust with Seasoned Corn <i>or</i> Turkey and Cheese Sandwich with Seasoned Corn Salad Bar
14	15	16	17	18
WG Waffles Turkey Sausage Hash Brown Patty <i>or</i> Sun Butter & Jelly Sandwich Hash Brown Patty Salad Bar	Chicken Pasta Alfredo with Green Beans <i>or</i> Popcorn Chicken Salad with a WG Roll Salad Bar	Mini Turkey Corn Dogs with Tater tots <i>or</i> Fruit Parfait Salad Bar	Cheese Quesadilla with Refried Beans <i>or</i> Chicken Caesar Salad with a WG Roll Salad Bar	Cheese or Pepperoni Flatbread on WW Crust Seasoned Broccoli <i>or</i> Chicken Ranch Wrap Seasoned Broccoli Salad Bar
21	22	23	24	25
WG French Toast Sticks Turkey Sausage Patty Tater Tots <i>or</i> Sun Butter & Jelly Sandwich Tater Tots Salad Bar	All Beef Hot Dog or Chili Dog Seasoned Fries <i>or</i> Popcorn Chicken Salad with a WG Roll Salad Bar	Cheeseburger with Wedge Fries <i>or</i> Fruit Parfait Salad Bar	Popcorn Chicken with Tater Tots and Gravy <i>or</i> Chicken Caesar Salad with a WG Roll Salad Bar	Cheese or Pepperoni Pizza on WW Crust with Seasoned Corn <i>or</i> Turkey and Cheese Wrap with Seasoned Corn Salad Bar
28	29	30	31	
Sausage and Pancake on a Stick Hash Brown Patty <i>or</i> Sun Butter & Jelly Sandwich Hash Brown Patty Salad Bar	Breaded Chicken Drumstick Potatoes and Gravy <i>or</i> Popcorn Chicken Salad with a WG Roll Salad Bar	Chicken Nuggets with Tater Tots <i>or</i> Fruit Parfait Salad Bar	Toasty Cheese Sandwich with Waffle Fries <i>or</i> Chicken Caesar Salad with a WG Roll Salad Bar	



A full student lunch includes a choice of entrée supplying protein and grain, up to three (3) vegetable & fruit side dishes, and milk. Milk choices include 1% white and non-fat chocolate.

A cold vegetable and fruit salad bar is available daily in which we feature a variety of vegetables and fruits including locally grown produce when seasonally available.



Salad Bar Selections

Monday	Tuesday	Wednesday	Thursday	Friday
Chopped Romaine Sliced Tomatoes Sliced Cucumbers Whole Fruit Chilled Fruit Chilled Fruit	Chopped Romaine Sliced Tomatoes Celery Sticks Whole Fruit Chilled Fruit Chilled Fruit	Chopped Romaine Broccoli Florets Carrot Sticks Whole Fruit Chilled Fruit Chilled Fruit	Chopped Romaine Sliced Tomatoes Black Beans Whole Fruit Chilled Fruit Chilled Fruit	Chopped Romaine Power Peas Carrot Sticks Whole Fruit Chilled Fruit Chilled Fruit

This Institution is an Equal Opportunity Provider. All menus subject to change without notice due to unforeseen circumstances.