



ALUM ROCK UNION SCHOOL DISTRICT

K-5 & K-8

AUGUST-SEPTEMBER 2021

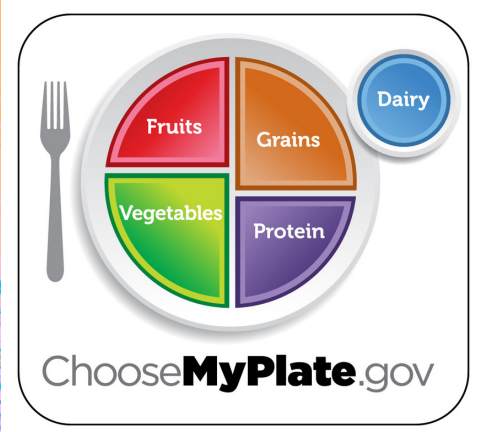
ALL MEALS ARE AT NO COST TO ALL STUDENTS!

TO MAKE A BREAKFAST:

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

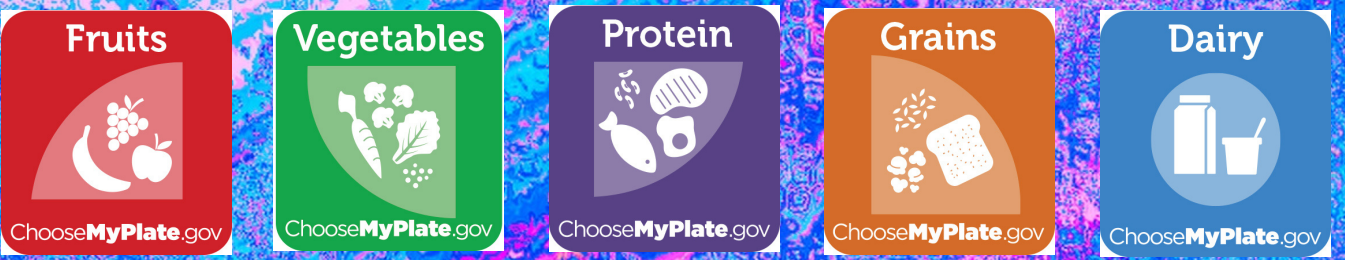
MENU KEY:

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



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
	AUG 17 Mini Bagel Strawberry Cream Cheese (V) **** Chicken Rice Bowl (C) Pizza Turkey Nada (T) Fruit/Veg	AUG 18 Choc Banana Bar (V) **** Spaghetti w/meat sauce (B) American Burger (B) Harvest of the Month Fruit/Veg	AUG 19 Banana Muffin (V) **** Chicken Cheese Tamale (C) Pepperoni Pizza (P/B) Fruit/Veg	AUG 20 Glazed Bun (V) **** Chicken Bites w/hash and roll (C) Spicy Chicken Sliders (C) Fruit/Veg
AUG 23 Belly Bear Crackers w/Yogurt (V) **** Deep Dish Pepp Pizza (P/B) Grilled Cheese (V) Fruit/Veg	AUG 24 Bagel Cream Cheese(V) **** Chicken Fried Rice Bowl(C) Chile Cheese Flaquito (V) Fruit/Veg	AUG 25 Buttermilk Bar (V) **** Penne Pasta w/roll (V) Cheese Burger Sliders (B) Harvest of the Month Fruit/Veg	AUG 26 Sweet Pot Choc Muffin (V) **** Enchiladas Cheese (V) Chile Cheese Tamale (V) Fruit/Veg	AUG 27 Peach Cobbler Biscuit (V) **** Chicken Sandwich (C) Ciabatta Cheese Melt (V) Fruit/Veg
AUG 30 Apple Cinn Bear Paw (V) **** Pizza Cheese Sliders (V) Philly Steak Pinwheel (B) Fruit/Veg	AUG 31 Pills Cinni Mini (V) **** Chicken & Veg Egg Roll (C) Chix Double Dog(C) Fruit/Veg	SEP 1 Bagel Cinnamon Raisin Cream Cheese (V) **** Chicken Corn Dog(C) Mac & Cheese (V) Harvest of the Month Fruit/Veg	SEP 2 Mini Waffle Maple(V) **** Chimichanga(B) Chimi Nada Pocket(V) Fruit/Veg	SEP 3 Mini Pancakes Strawberry (V) **** Drumstick w/roll (C) Three Bean Chili Bowl (V) Fruit/Veg
SEP 6 <i>HAPPY Labor Day</i>	SEP 7 Mini Bagel Strawberry Cream Cheese (V) **** Chicken Rice Bowl (C) Taco Beef Stick (B) Fruit/Veg	SEP 8 Choc Banana Bar (V) **** Spaghetti w/meat sauce (B) American Burger (B) Harvest of the Month Fruit/Veg	SEP 9 Breakfast Apple Bar(V) **** Chicken Cheese Tamale(C) Bean Cheese Salsa Burrito (V) Fruit/Veg	SEP 10 Glazed Bun (V) **** Chicken Bites w/hash and roll (C) Spicy Chicken Sliders (C) Fruit/Veg

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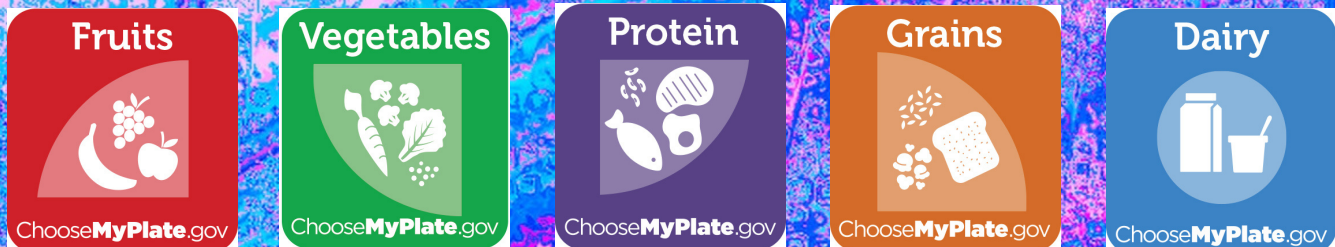
HARVEST OF THE MONTH



One of our harvest of the month is mini sweet peppers. Mini sweet peppers are very low in saturated fat, cholesterol and sodium. These mini peppers are also a source of beta carotene, vitamin E, vitamin B6 and folate. Mini peppers have only 30 calories in every one-cup serving and raw peppers contain 2.5 grams of dietary fiber.



Pluots is our other harvest of the month! A pluot is a hybrid between a plum and an apricot that was developed in the late 1980's by a Californian fruit breeder named Floyd Zaiger. The stone fruit is known to be low in calories and relatively good source of vitamin C. They're also low in sodium and fat-free.



MON	TUE	WED	THU	FRI
SEP 13 Belly Bear Crackers & Yogurt (V) **** Deep Dish Pizza (V) Grilled Cheese Fruit/Veg	SEP 14 Bagel Cream Cheese (V) **** Chicken Fried Rice Bowl (C) Chile Cheese Flaquito (V) Fruit/Veg	SEP 15 Buttermilk Bar(V) **** Penne Pasta w/roll(B) Cheese Burger Sliders (B) Harvest of the Month Fruit/Veg	SEP 16 Sweet Pot Choc Muffin (V) **** Enchiladas Cheese (V) Chile Cheese Tamale (V) Fruit/Veg	SEP 17 Peach Cobbler Biscuit (V) **** Chicken Sandwich (C) Ciabatta Cheese Melt (V) Fruit/Veg
SEP 20 Apple Cinnamon Bear Paw (V) **** Pizza Cheese Sliders (V) Philly Steak Pinwheel (B) Fruit/Veg	SEP 21 Pills Cinni Mini (V) **** Chicken & Veg Egg Roll (C) Chix Double Dog (C) Fruit/Veg	SEP 22 Bagel Cinnamon Raisin Cream Cheese (V) **** Chicken Corn Dog (C) Mac & Cheese (V) Harvest of the Month Fruit/Veg	SEP 23 Mini Waffle Maple (V) **** Chimichanga (V) Chimi Nada Pocket (V) Fruit/Veg	SEP 24 Mini Pancakes Strawberry (V) **** Drumstick w/roll (C) Three Bean Chili Bowl (V) Fruit/Veg
SEP 27 Cinnamon Roll (V) **** Pepperoni Pizza (P/B) Cheese Bites (C) Fruit/Veg	SEP 28 Mini Bagel Strawberry Cream Cheese (V) **** Chicken Rice Bowl (C) Taco Beef Stick (B) Fruit/Veg	SEP 29 Choc Banana Bar (V) **** Spaghetti w/meat sauce (B) American Burger (B) Harvest of the Month Fruit/Veg	SEP 30 Breakfast Apple Bar (V) **** Chicken Cheese Tamale (C) Bean Cheese Salsa Burrito (V) Fruit/Veg	

MON	TUE	WED	THU	FRI
Spinach (V) 3 Grape Tomatoes(V) Baby Carrots (V) Salad Dressings: Ranch Italian	Iceberg lettuce (V) Kidney Beans(V) Corn (V) 3-4 Jicama Sticks (V) Salad Dressings: Ranch/Italian	Spinach (V) 3 Grape Tomatoes(V) Mini Sweet Peppers (V) Salad Dressings: Ranch Italian	Romaine (V) Garbanzo Beans (V) Corn (V) Cucumber Slices (V) Salad Dressings: Ranch/Italian	Iceberg, Romaine or Spinach (V) 3-4 Jicama Sticks (V) Canned Legumes (V) Cucumber Slices (V) Salad Dressings: Ranch/Italian

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