

Fall 2023/2024



****All Pizza is Whole Grain****

Elementary Menu

Breakfast - All meals served with 1/2 cup fruit & 1/2 cup 1% or Fat Free Milk.

Garden Bar - All lunches include a fresh assortment of fruit & vegetables.

Lunch - All meals contain minimum requirement of 1/2 cup fruit, 1/2 cup vegetable, 2 .oz of meat/meat alternative & 2 .oz of grain.

<u>Meal Pattern</u>	<u>Breakfast</u>	<u>Week 1 Lunch</u>	<u>Week 2 Lunch</u>	<u>Dinner</u>
Monday	Cereal V Breakfast Bar V Choco. Chip Muffin V	Grilled Cheese Sandwich V	Cheese Quesadilla V	Taco Nada
Tuesday	Cereal V Breakfast Bar V French Toast Sticks V	BBQ Teriyaki Chicken Rice Bowl	Sweet & Sour Chicken Rice Bowl	Turkey & Cheese Bagel Cheese Bagel V
Wednesday	Cereal V Breakfast Bar V Turkey & Egg Burrito	Walking Taco	Totcho V	Pepperoni Pizza Cheese Pizza V
Thursday	Cereal V Breakfast Bar V Blueberry Muffin V	Chickenburger	Mac & Cheese V	Drumstick & Corn w/WG roll
Friday	Cereal V Breakfast Bar V Maple Waffle V	Pepperoni Pizza Cheese Pizza V	Pepperoni Pizza Cheese Pizza V	100% Beef Cheeseburger w/tots

*** Munchable V ~ Served Daily**

Week 1 Menu Cycle: 8/14, 8/28, 9/11, 9/25, 10/09, 10/23, 11/06, 11/20 (Thanksgiving week off)

Week 2 Menu Cycle: 8/21, 9/04, 9/18, 10/02, 10/16, 10/30, 11/13, 11/27

Food Service Website:
<http://www.husd.us/departments/food-services>

Application or Free/Reduce:
<http://freelunchhayward.com/>

Making A Difference With Every Meal

www.freelunchhayward.com

More than a Meal

The free/reduced priced meal program has many benefits!

School Funding
Increased funding to support students

Summer Camp
Families may qualify for summer camp scholarships

School Meals
Varied menu of free, healthy school meals

SAT, ACT, AP Fees
Discount on fees for academic tests

College App Fees
Discount on fees associated with applying to college

APPLY TODAY!
Application information remains private & confidential

