



ALUM ROCK UNION SCHOOL DISTRICT K-8 ELEMENTARY JANUARY 2024

MON

TUE

WED

THU

FRI

JAN 8

Cereal & Cracker (V)

Grilled Cheese (V)
Pizza (T,B,V)
Fruit/Veg

JAN 9

Breakfast Croissant
(P)

Chicken Quesadilla
(C)
Nachos (B,V)
Fruit/Veg

JAN 10

Cinnamon Roll (V)

Pull Apart Pillows (V)
Nuggets and Fries (C)
Egg Salad Sandwich
(V)
Fruit/Veg

JAN 11

French Toast Sticks (C)

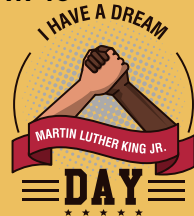
Beef Taco Stick (B)
Teriyaki Chicken Chow
Mein (C)
Fruit/Veg

JAN 12

Bagel Cream Cheese (V)

Corn Dog (C)
Cheeseburger and
Fries (B)
Caesar Salad (C)
Fruit/Veg

JAN 15



JAN 16

Cocoa Muffin (V)

Chicken Tamale (C)
Penne Pasta
w/Alfredo Sauce (C)
Fruit/Veg

JAN 17

Breakfast Burrito (T)

Teriyaki Rice Bowl (C)
Nuggets & Fries (C)
Buffalo Wings & Pasta
Salad (C)
Chef Salad (T)
Fruit/Veg

JAN 18

Cinni Mini (V)

3 Cheese Enchiladas (V)
Mac & Cheese
w/Drumstick and Roll
(C)
Fruit/Veg

JAN 19

Jalapeno Cream
Cheese Bagel (V)

Chicken Fried Rice
Bowl (C)
Hot Dog w/Fries (B)
Fruit/Veg

JAN 22

Pan Dulce Concha (V)

Pepp Stuffed Sandwich
(T)
Cheese Lasagna (V)
Egg Salad Sandwich (V)
Fruit/Veg

JAN 23

Crumb Square (V)

Cheeseburger Sliders
(B)
Sweet Chili Chicken
Bowl (C)
Fruit/Veg

JAN 24

Sweet/Pot Choc Muffin
(V)

Chimichanga (C)
Chicken Sandwich (C)
Chinese Chicken Salad
(C)
Fruit/Veg

JAN 25

Confetti Pancakes (V)

Double Dogs (B)
Pupusas Bean &
Cheese (V)
Fruit/Veg

JAN 26

English Muffin (B)

Fiesta Bean &
Cheese Wrap (V)
Chicken & Waffles (C)
Fruit/Veg

JAN 29

Breakfast Blueberry
Bar (V)

Mac & Cheese Bowl
(V)
Pizza (T,B,V)
Fruit/Veg

JAN 30

Breakfast Croissant
(P)

Chicken Quesadilla
(C)
Nachos (B,V)
Fruit/Veg

JAN 31

Cinnamon Roll (V)

Pull Apart Pillows (V)
Nuggets and Fries (C)
Egg Salad Sandwich
(V)
Fruit/Veg

TO MAKE A BREAKFAST:

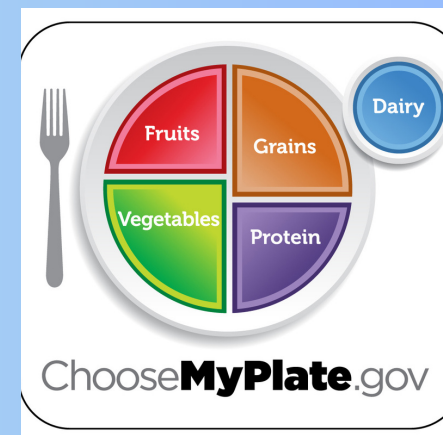
Must take an entree
& 1/2 cup of fruit or
juice!

**ALL MEALS ARE
AT NO COST TO
ALL STUDENTS!**

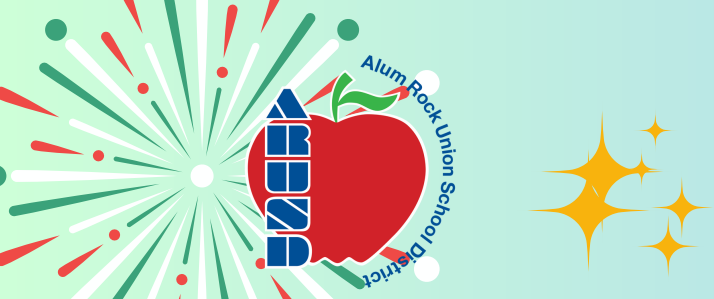
WHAT MAKES A COMPLETE LUNCH?

Choose at least 3
different food
components
&
one must be 1/2 cup
of fruit or vegetables!

MENU KEY:
(V) Vegetarian
(C) Chicken
(B) Beef
(P) Pork
(T) Turkey
(F) Fruit



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



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**SEE OUR NEW SALAD BAR
OPTIONS FOR THE NEW YEAR!**
MORE CHOICES FOR OUR
STUDENTS TO CHOOSE FROM



SALAD BAR OPTIONS WEEK OF JANUARY 8TH & 22ND

Jalapenos (V)	Apples (F)
Shredded Carrots (V)	Pears (F)
Iceberg Lettuce (V)	Bananas (F)
Canned Beans (V)	Kiwi (F)
Shredded Beets (V)	Romaine Lettuce (V)
Canned Corn (V)	Salad Dressing:
Quinoa Tabouli (V)	Homemade Ranch

SALAD BAR OPTIONS WEEK OF JANUARY 16TH & 29TH

Bell Peppers (V)	Apples (F)
Edamame (V)	Pears (F)
Salad Greens (V)	Grapes (F)
Grape Tomatoes (V)	Kiwi (F)
Broccoli (V)	Romaine Lettuce (V)
Cucumbers (V)	Salad Dressing:
Jicama (V)	Homemade Ranch
Chipotle Corn Salad (V)	

HARVEST OF THE MONTH



This month we are offering **Kiwi fruit**. Kiwi is a tiny fruit that packs in a lot of nutritional benefits. Kiwi is an excellent source of vitamin C, fiber and potassium. Kiwi's are naturally low in sodium and have loads of antioxidants.



Romaine lettuce is a variety of lettuce that grows in a tall head of sturdy dark green leaves with firm ribs down their centers. Unlike most lettuces, it is tolerant of heat. Romaine lettuce is an excellent source of vitamin A and vitamin K.