

ALL STUDENTS EAT FOR FREE!!

Gateway Unified School District

Adult Lunch
\$5.75

Adult Breakfast \$4.25
Milk \$.50

NUTRITIONAL INFORMATION AVAILABLE FROM DISTRICT NURSE OR DISTRICT OFFICE, FOOD SERVICE.

Shasta Lake School Menu



STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH (IE. PROTEIN, GRAIN, VEGETABLE, FRUIT, MILK)
AN ENTREE ITEM MAY ENCOMPASS 2 COMPONENTS (IE. PROTEIN/GRAIN)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE AT THE MINIMUM; MORE IS ALLOWED AND BOTH ARE ALLOWED

STUDENTS CHOOSE MINIMUM OF 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST

(IE. PROTEIN, GRAIN, FRUIT/VEGETABLE, MILK)

2 GRAIN COMPONENTS MAY BE TAKEN

2 FRUIT COMPONENTS MAY BE TAKEN

ANY ITEM MAY BE 2 COMPONENTS

(IE. PROTEIN/GRAIN = 2 GRAIN)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE

BREAKFAST INCLUDES FRESH FRUIT and/or JUICE

(CANNED FRUIT MAY ALSO BE AVAILABLE)

(VEGETABLES ARE INCLUDED IN THIS GROUPING) GRAIN

Item/s: DAIRY Item/s (MILK)

LUNCH INCLUDES FRESH FRUIT

(CANNED MAY BE AVAILABLE); FRESH

SALAD and/or FRESH

VEGETABLE(S)



SERVING FIVE STAR MEALS



Monday	Tuesday	Wednesday	Thursday	Friday
8 FRENCH TOAST STICKS <u>LUNCH</u> POPCORN CHICKEN CURLY NOODLES	9 HOT OATMEAL 1/2 ENGLISH MUFFIN <u>LUNCH</u> CHICKEN FAJITA SEASONED RICE	10 BREAKFAST WRAP <u>LUNCH</u> CORN DOG POTATO WEDGES	11 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> CHILI CON CARNE CORNBREAD	12 YOGURT PARFAITS (FRUIT & GRANOLA) <u>LUNCH</u> ORANGE CHICKEN RICE
15 FRENCH TOAST <u>LUNCH</u> CHEESEBURGER CRINKLE CUT FRIES	16 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> SOFT TACO	17 EGGSTRAVAGANZA CINNAMON TOAST SLICE <u>LUNCH</u> TOASTED CHEESE SAND. CHICKEN SOUP	18 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> SPAGHETTI ^{W/MEAT SAUCE} GREEN BEANS	19 CINNAMON SWEET ROLL <u>LUNCH</u> FRENCH BREAD PIZZA
22 FRENCH TOAST STICKS <u>LUNCH</u> CHICKEN TENDERS STEAMED BROCCOLI	23 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> BEEFY NACHOS ^{W/CHEESE} SEASONED RICE	24 BREAKFAST WRAP <u>LUNCH</u> SUB SAND. (TURKEY) SUN CHIPS	25 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> SALISBURY STEAK MASHED POTATOES, GREEN BEANS, ROLL	26 PANCAKE SAUS. ON A STICK <u>LUNCH</u> FRENCH BREAD PIZZA
29 WAFFLES <u>LUNCH</u> CHICKEN NUGGETS STEAMED CARROTS	30 YOGURT PARFAITS (FRUIT & GRANOLA) <u>LUNCH</u> BURRITO (BEAN & CHEESE) TOTS	 	 	

CHILLED 1% WHITE MILK AND NONFAT CHOCOLATE MILK & OTHER FLAVORS ARE SEASONAL (no high fructose corn syrup in chocolate milk)
ALL MENU'S SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

PLEASE COME AND JOIN US FOR A NUTRITIOUS, HEALTHY BREAKFAST AND LUNCH! WE PROUDLY SERVE FRANZ BREAD ITEMS THAT ARE WHOLE WHEAT AND WHOLE GRAIN