

One complete lunch meal daily is free for all Pasadena USD students
 \$4.75 for Adults and 2nd complete lunch meals
 Milk or Juice only is \$.50

PUSD Elementary Lunch

May 2024

PUSD Menus are nut free.

*Non-Meat Item

Menu subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 May 1 – 3 May 20 - 24	Chicken or *Plant Based Tenders w/ Cheez-it Crackers *Low-Fat Yogurt Grab & Go Bag Broccoli, Baby Carrots Whole Pear, Applesauce	Meatball Hoagie Sandwich *Italian Cheesy Bread w/ Marinara Green Beans, Baby Carrots Seasonal Fruit, Applesauce	Teriyaki Chicken over Brown Rice *Soy Butter & Jam Sandwich Carrot Coins, Gold Rush Veggie Juice Box Seasonal Fruit. Applesauce	Chicken, Cheese & Rice Burrito Crispy Fish Soft Tacos (2) Pinto Beans. Gold Rush Veggie Juice Box Fruit Cup, Applesauce	Cheeseburger or *Veggie Burger *Low-Fat Yogurt Grab & Go Bag Potato Wedges, Baby Carrots Banana, Applesauce
Week 2 May 6 – 10 May 28 - 31	Chicken or *Plant Based Nuggets w/ Hartzels Pretzels *Low-Fat Yogurt Grab & Go Bag Broccoli, Baby Carrots Whole Pear, Applesauce	Italian Submarine Sandwich *Mac & Cheese & Dinner Roll Green Beans, Baby Carrots Seasonal Fruit, Applesauce	Beef Teriyaki Dippers over Brown Rice *Bag of Sunshine <small>Honey Roasted Sunflower Seeds, LF String Cheese, Sun Chips & Raisins</small> Carrot Coins, Gold Rush Veggie Juice Box Seasonal Fruit, Applesauce	Chicken Drumstick w/ Artisan Dinner Roll *Cheese Pupusa Pinto Beans, Gold Rush Veggie Juice Box Fruit Cup, Applesauce	Beef Hot Dog on a Bun *Grilled Cheese Sandwich Tater Tots, Baby Carrots Banana, Applesauce
Week 3 May 13 - 17	Chicken or *Plant Based Chicken Sandwich *Low-Fat Yogurt Grab & Go Bag Broccoli, Baby Carrots Whole Pear, Applesauce	Penne Pasta with Meat Sauce *Italian Cheesy Bread w/ Marinara Green Beans, Baby Carrots Seasonal Fruit, Applesauce	Orange Chicken over Brown Rice *Low-Fat Yogurt Grab & Go Bag Carrot Coins, Gold Rush Veggie Juice Box Seasonal Fruit, Applesauce	Beef Hard Shell Tacos (2) *Bean & Cheese Quesadilla Pinto Beans, Gold Rush Veggie Juice Box Fruit Cup, Applesauce	Pepperoni or *Cheese Pizza *Low-Fat Yogurt Grab & Go Bag Roasted Corn, Baby Carrots Banana, Applesauce

Visit www.pusd.us for:

Select at least 3 food components to complete a nutritious lunch meal.
 Nonfat white, 1% white and nonfat chocolate milk is offered daily to complete a nutritious lunch meal.

Monthly menus, nutrition, allergen, and carbohydrate information.
 For additional information or inquiries, please contact PUSD Food and Nutrition Services
 740 W. Woodbury Rd, Pasadena, CA 91103 (626) 396-5852

This institution is an equal opportunity provider.