



**ALUM ROCK UNION
SCHOOL DISTRICT
K-5 ELEMENTARY
AUGUST 2024**

**TO MAKE A
BREAKFAST:**
Must take an entree
& 1/2 cup of fruit or
juice!

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

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

**WHAT MAKES A
COMPLETE
LUNCH?**
Choose at least 3
different food
components
&
one must be 1/2 cup
of fruit and/or
vegetable!

MON TUE WED THU FRI

welcome
**BACK TO
SCHOOL**

AUG 13
Cinni Mini (V) ****
Mac & Cheese Bowl
w/ Roll (V)
Bean N Cheese
Burrito (V)

AUG 14
Cinni Swirl (V) ****
Beef Taco Stick (B)
Nuggets and Fries
w/Roll (C)

AUG 15
French Toast Sticks
(V) ****
Corn Dog (C)
Pizza Crunchers (V)

AUG 16
Bagel Cream Cheese
(V) ****
Grilled Cheese
Sandwich (V)
Hamburger (B)

AUG 19
Mini French Toast
Berry Blast (V) ****
Chimi Nada (V)
Cheese Pizza Wedge
(V)

AUG 20
Choc Chip Muffin (V) ****
American Burger (B)
Chicken Tamale (C)
Fruit/Veg

AUG 21
Mini Glazed Bites (V) ****
Nuggets and Fries
w/Roll (C)
Mucho Queso
Jalapeno Dip w/Chips
(V)

AUG 22
Cinni Mini (V) ****
Chicken Fried Rice
Bowl (C)
Drumstick w/Roll (C)

AUG 23
Mini Strawberry
Cream Cheese Bagel
(V) ****
Hot Dog (B)
Pull Aparts Pillow (V)

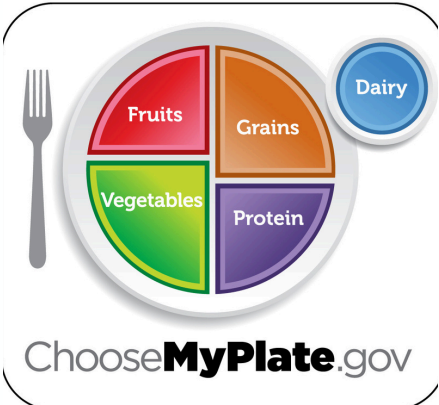
AUG 26
Pan Dulce Concha (V) ****
Rotini w/Beef Sauce
(B)
Pepp Stuffed
Sandwich (T)

AUG 27
Cinn Bun Glazed (V) ****
Cheeseburger
Sliders (B)
Beef N Cheese Taco
Crispups (B)

AUG 28
Sweet Pot/Choc
Muffin (V) ****
Double Dog (B)
Chicken Sandwich (C)

AUG 29
Confetti Pancakes (V) ****
Teriyaki Rice Bowl (C)
Puposas Bean &
Cheese (V)

AUG 30
Mini Maple Madness
(V) ****
Cheese Pizza Rippers
(V)
Nuggets and Fries
w/Roll (C)



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



ALUM ROCK UNION SCHOOL DISTRICT K-5 ELEMENTARY AUGUST 2024

OUR NEW SALAD BAR OPTIONS MORE CHOICES FOR OUR STUDENTS TO CHOOSE FROM



SALAD BAR OPTIONS

- Baby Carrots (V)
- Iceberg Lettuce (V)
- Garbanzo Beans (V)
- Cucumber & Jicama Salad (V)
- Canned Corn (V)
- Shredded Beets (V)
- Oranges (F)
- Bananas (F)
- Nectarines (F)
- Peaches (F)
- Salad Dressing: Homemade Ranch

- Bell Peppers (V)
- Kidney Beans (V)
- Salad Greens (V)
- Celery (V)
- Lemon Cucumber (V)
- Cauliflower Ceviche (V)
- Cucumbers (V)
- Jicama (V)
- Plums (F)
- Apples (F)
- Salad Dressing: Chipotle

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HARVEST OF THE MONTH



This month we are offering **Plums**. Plums are a stone-fruit with a sweet, juicy interior, and a thin smooth skin surrounding a rock-like pit. Plums are full of vitamin C which helps your body heal, build muscle and form blood vessels.



Lemon Cucumber are round and yellow. They are milder and even can be sweeter in taste and they bring a bit of color to a salad. They are an excellent source of potassium, an important intracellular electrolyte.

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