



ALUM ROCK UNION SCHOOL DISTRICT

**K-5 ELEMENTARY
AUG/SEPT 2023**

Welcome Back!

MON TUE WED THU FRI

AUG 15
Sausage N Cheese Sandwich (P) ****
Buffalo Chicken Sandwich (C)
Tamale (C)
Fruit/Veg

AUG 16
Breakfast Pizza Bagel (V) ****
Chimi Nada (V)
Hamburger (B)
Fruit/Veg

AUG 17
French Toast Sticks (V) ****
Drumstick w/Roll (C)
Beef Taco Stick (B)
Fruit/Veg

AUG 18
Bagel Cream Cheese (V) ****
Popcorn Chicken w/Veggie Roll (C)
Chipotle Chicken Sandwich (C)
Fruit/Veg

AUG 21
Breakfast Blueberry Bar (V) ****
Pizza Wedge (V)
Grilled Cheese (V)
Fruit/Veg

AUG 22
Pancake on a Stick (B) ****
Mac & Cheese Bowl (V)
Mucho Queso Dip w/Chips (V)
Fruit/Veg

AUG 23
Cinni Mini (V) ****
Burrito Bean Cheese Wrap (V)
Nuggets w Fries (C)
Fruit/Veg

AUG 24
Mini Glazed Bites (V) ****
3 Cheese Enchiladas (V)
Tamale Beef (B)
Fruit/Veg

AUG 25
Choc Chip Muffin (V) ****
Hot Dogs (B)
Teriyaki Chicken Bowl (C)
Fruit/Veg

AUG 28
Pan Dulce Concha (V) ****
Spaghetti w/Meat Sauce (B)
French Bread Pizza (V)
Fruit/Veg

AUG 29
Waffle Cheese Sandwich (V) ****
American Burger (B)
Egg Rolls (C)
Fruit/Veg

AUG 30
Sweet Pot/Choc Muffin (V) ****
Pull Apart Pillows (V)
Chicken & Waffles (C)
Fruit/Veg

AUG 31
Belgian Fun N Fruiti (V) ****
Double Dogs (B)
Pupusas Bean & Cheese (V)
Fruit/Veg

SEPT 1
Mini Maple Madness (V) ****
Pizza Cheese Cruncher (V)
Orange Rice Bowl (C)
Fruit/Veg

SEPT 4


SEPT 5
Sausage N Cheese Sandwich (P) ****
Cheeseburger Sliders (B)
Tamale (C)
Fruit/Veg

SEPT 6
Bun Glazed (V) ****
Chimi Nada (V)
Hamburger (V)
Fruit/Veg

SEPT 7
French Toast Sticks (V) ****
Drumstick w/Roll (C)
Beef Taco Stick (B)
Fruit/Veg

SEPT 8
Bagel Cream Cheese (V) ****
Popcorn Chicken w/Veggie Roll (C)
Chipotle Chicken Sandwich (C)
Fruit/Veg

SEPT 11
Breakfast Blueberry Bar (V) ****
Pizza Wedge (V)
Grilled Cheese (V)
Fruit/Veg

SEPT 12
Pancake on a Stick (B) ****
Mac & Cheese Bowl (V)
Mucho Queso Dip w/Chips (V)
Fruit/Veg

SEPT 13
Cinni Mini (V) ****
Burrito Bean Cheese Wrap (V)
Nuggets w Fries (C)
Fruit/Veg

SEPT 14
Mini Glazed Bites (V) ****
3 Cheese Enchiladas (V)
Tamale Beef (B)
Fruit/Veg

SEPT 15
Choc Chip Muffin (V) ****
Hot Dogs (B)
Teriyaki Chicken Bowl (C)
Fruit/Veg

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

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

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

ALL MEALS ARE AT NO COST TO ALL STUDENTS!

*MENU SUBJECT TO CHANGE WITHOUT NOTICE
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**K-5 ELEMENTARY
AUG/SEPT 2023**



**HARVEST OF THE MONTH
September**



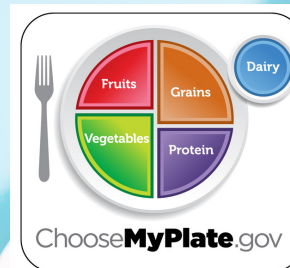
Strawberries are very healthy, containing many antioxidants and vitamins. They're also low in calories, containing only about 32 calories per half a cup.



Avocados are bright green fruit with a large pit and dark leathery skin. Avocados are a source of key nutrients including healthy fats and fiber.

MON	TUE	WED	THU	FRI
SEPT 18 Pan Dulce Concha (V) **** Spaghetti w/Meat Sauce (B) French Bread Pizza (V) Fruit/Veg	SEPT 19 Waffle Cheese Sandwich (V) **** American Burger (B) Egg Rolls (C) Fruit/Veg	SEPT 20 Sweet Pot/Choc Muffin (V) **** Pull Apart Pillows (V) Chicken & Waffles (C) Fruit/Veg	SEPT 21 Belgian Fun N Fruiti (V) **** Double Dogs (B) Pupusas Bean & Cheese (V) Fruit/Veg	SEPT 22 Mini Maple Madness (V) **** Pizza Cheese Cruncher (V) Orange Rice Bowl (C) Fruit/Veg
SEPT 25 Confetti Pancakes (V) **** Cheese Pizza (V) Corn Dog (C) Fruit/Veg	SEPT 26 Sausage N Cheese Sandwich (P) **** Cheeseburger Sliders (B) Tamale (C) Fruit/Veg	SEPT 27 Cinn Swirl (V) **** Chimi Nada (V) Hamburger (V) Fruit/Veg	SEPT 28 French Toast Sticks (V) **** Drumstick w/Roll (C) Beef Taco Stick (B) Fruit/Veg	SEPT 29 Bagel Cream Cheese (V) **** Popcorn Chicken w/Veggie Roll (C) Chipotle Chicken Sandwich (C) Fruit/Veg

SALAD BAR CUP OPTIONS				
MON	TUE	WED	THU	FRI
Apple Spinach (V) 3 Grape Tomatoes (V) Cucumbers (V) Salad Dressings: Ranch/Italian	Banana Romaine (V) Canned Beans (V) Baby Carrots (V) Pasta Salad (V) Salad Dressings: Ranch/Italian	Strawberries Iceberg (V) Canned Beans (V) Jicama Sticks (V) Avocados Salad Dressings: Ranch/Italian	Apple Spinach (V) 3 Grape Tomatoes (V) Corn (V) Salad Dressings: Ranch/Italian	Fruit Bowl Spinach (V) 3-4 Jicama Sticks (V) Canned Legumes (V) Cucumber Slices (V) Salad Dressings: Ranch/Italian



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