



**ALUM ROCK UNION
SCHOOL DISTRICT
K-8 ELEMENTARY
DECEMBER 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

DEC 2
Cereal & Cracker (V) ****
Pizza (P,B)
Grilled Cheese (V)

DEC 3
Bagel Cream Cheese (V) ****
Chicken Cheese Quesadilla (C)
Nachos (B)

DEC 4
Cinnamon Roll (V) ****
Beef Taco Stick (B)
Nuggets and Fries (C)
Chef Salad (T)
Ham & Cheese Wrap (T)

DEC 5
Froot Loop Waffles (V) ****
Corn Dog (C)
BBQ Drumstick w/Rice (C)

DEC 6
Breakfast Croissant (V) ****
Penne Pasta w/Veg Marinara (V)
Cheeseburger on Brioche Bun & Fries (B)

DEC 9
Mini French Toast Berry Blast (V) ****
Bean & Cheese Empanada (V)
Carnitas Quesadilla (P)

DEC 10
Cocoa Muffin (V) ****
Chicken Cheese Tamale (C)
Penne Pasta w/Alfredo Sauce (C)

DEC 11
Mini Glazed Bites (V) ****
Chicken Fried Rice Bowl (C)
Buffalo Wings w/Rice (C)
Caesar Salad (C)

DEC 12
Cinni Mini (V) ****
Beef N Cheese Crispups (B)
Mac N Cheese w/Drumstick & Roll (C)

DEC 13
Mini Strawberry Cream Cheese Bagel (V) ****
Hot Dog w/ Brioche Bun (B)
Pull Apart Pillows (V)

DEC 16
Pan Dulce Vanilla Concha (V) ****
Pepp Stuffed Sandwich (T)
Chicken Sandwich on Brioche Bun (C)

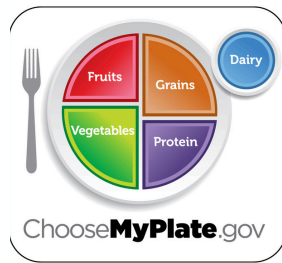
DEC 17
Cinn Bun Glazed (V) ****
Cheeseburger Sliders (B)
Grilled Cheese (V)
Caesar Salad (C)

DEC 18
Sweet Pot/Choc Muffin (V) ****
Double Dog (B)
Cheese Lasagna (V)
Deli Sandwich w/Side Salad (T)

DEC 19
Confetti Pancakes (V) ****
Teriyaki Rice Bowl (C)
Puposas Bean & Cheese (V)
Caesar Salad (T)

DEC 20
NON-STUDENT DAY

DEC 20-JAN 5 CHRISTMAS BREAK STUDENTS NOT IN ATTENDANCE



HAPPY HOLIDAYS

EACH DAY IN ADDITION TO THE ENTREE WE WILL SERVE SALADS AND COLD SANDWICHES

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



SHOWCASING OUR FESTIVE SALAD BARS AND STUDENTS EATING THEIR DELICIOUS LUNCH

ALUM ROCK UNION SCHOOL DISTRICT K-8 ELEMENTARY DECEMBER 2024

HARVEST OF THE MONTH



This month we are offering **Red Kiwi's**. The red kiwi fruit is rich in soluble dietary fiber. They offer a significant amount of vitamin C as well as some potassium and folate. This unique fruit has a cranberry-red flesh and berry-like flavors.



Arugula is a peppery, distinctive-tasting green. It is high in nutrients like, calcium, potassium and folate. You can add arugula to other types of lettuce and herbs or topping on pizza, nachos, sandwiches and wraps.



SALAD BAR OPTIONS

- | | |
|---------------------------------------|--------------------------------|
| Baby Carrots (V) | Mandarins (F) |
| Iceberg Lettuce (V) | Bananas (F) |
| Garbanzo Beans (V) | Persimmons (F) |
| Broccoli Salad (V) | Grapes (F) |
| Canned Corn (V) | Salad Dressing: |
| Shredded Beets (V) | Homemade Ranch/Chipotle |
| Bell Peppers (V) | Jicama (V) |
| Kidney Beans (V) | Plums (F) |
| Salad Greens (V) | Apples (F) |
| Celery (V) | Kiwi (F) |
| Cucumbers (V) | |
| Avocado and Cucumber Salad (V) | |



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