

Adult Lunch \$5.75
 Adult Breakfast \$4.25
 Milk \$.50



Shasta Lake School Menu



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

LUNCH INCLUDES FRESH FRUIT (CANNED MAY BE AVAILABLE); FRESH SALAD and/or FRESH VEGETABLE(S)

FREE BREAKFAST and LUNCH for ALL STUDENTS!!!!

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)

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

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





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

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

Monday	Tuesday	Wednesday	Thursday	Friday
 7 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> PULLED PORK SAND.	8 CHEESE OMELET CINNAMON TOAST SLICE <u>LUNCH</u> HOT DOG W/BUN TOTS	9 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> ENCHILLADAS	10 PANCAKE SAUSAGE ON A STICK <u>LUNCH</u> FRENCH BREAD PIZZA	
13 FRENCH TOAST STICKS <u>LUNCH</u> POPCORN CHICKEN CURLY NOODLES	14 OATMEAL 1/2 ENGLISH MUFFIN <u>LUNCH</u> CHICKEN FAJITA SEASONED RICE	15 BREAKFAST WRAP <u>LUNCH</u> CORN DOG POTATO WEDGES	16 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> HOME MADE CHILI CORNBREAD	17 YOGURT PARFAITS (FRT.&GRAN.) <u>LUNCH</u> ORANGE CHICKEN RICE
20 -----NO SCHOOL----- MARTIN LUTHER KING, JR. DAY 	21 HOT OATMEAL 1/2 ENGLISH MUFFIN <u>LUNCH</u> SOFT TACO	22 EGGSTRAVAGANZA CINNAMON TOAST SLICE <u>LUNCH</u> TOASTED CHEESE SAND. HOMEMADE CHICKEN	23 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> MAC N CHEESE CORN	24 CINNAMON ROLL <u>LUNCH</u> FRENCH BREAD PIZZA
27 FRENCH TOAST STICKS <u>LUNCH</u> CHICKEN NUGGETS STEAMED BROCCOLI	28 ASSORTED COLD CEREALS 1/2 ENGLISH MUFFIN <u>LUNCH</u> BEEFY NACHOS RICE	29 BREAKFAST BURRITO <u>LUNCH</u> SUB SANDWICH SUN CHIPS	30 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> TURKEY W/GRAVY, MASHED POTATOES WW DINNER ROLL; CORN	31 CINNAMON ROLL <u>LUNCH</u> FRENCH BREAD PIZZA