



# ALUM ROCK UNION SCHOOL DISTRICT K-8 ELEMENTARY FEBRUARY 2025

## TO MAKE A BREAKFAST:

Must take an entree  
& 1/2 cup of fruit or  
juice!

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

## WHAT MAKES A COMPLETE LUNCH?

Choose at least 3  
different food  
components  
&  
one must be 1/2 cup  
of fruit and/or  
vegetable!

## MENU KEY:

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

**MON**

**TUE**

**WED**

**THU**

**FRI**

**FEB 3**

Mini French Toast  
Berry Blast (V)  
\*\*\*\*  
Chiminada (V)  
Carnitas Quesadilla  
(P)  
Caesar Salad (C)

**FEB 4**

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

**FEB 5**

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

**FEB 6**

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

**FEB 7**

Mini Strawberry Cream  
Cheese Bagel (V)  
\*\*\*\*  
Hot Dog w/ Brioche  
Bun (B)  
Pull Apart Pillows (V)  
Caesar Salad (C)

**FEB 10**

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

**FEB 11**

Cinn Bun Glazed (V)  
\*\*\*\*  
Cheeseburger  
Sliders (B)  
Pizza Crunchers (V)  
Caesar Salad (C)

**FEB 12**

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

**FEB 13**

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

**FEB 14**

Sweet Pot Mashed  
Pancakes (V)  
\*\*\*\*  
Pizza Rippers (V)  
Mini Corn Dogs  
w/Fries and Roll (C)



**FEB 17- 21 WINTER BREAK**



**STUDENTS NOT IN ATTENDANCE**



**FEB 24**

Cereal & Crackers (V)  
\*\*\*\*  
Pizza (P,V)  
Grilled Cheese (V)

**FEB 25**

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

**FEB 26**

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

**FEB 27**

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

**FEB 28**

Mini Strawberry Cream  
Cheese Bagel (V)  
\*\*\*\*  
Hot Dog w/ Brioche  
Bun (B)  
Pull Apart Pillows (V)  
Caesar Salad (C)



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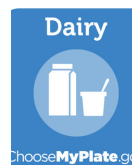
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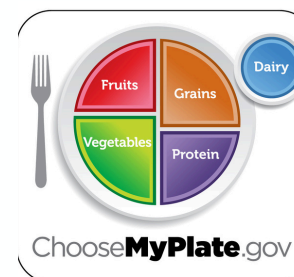
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**EACH DAY IN ADDITION TO THE ENTREE WE WILL SERVE SALADS AND COLD SANDWICHES**

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



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## SALAD BAR OPTIONS

|                        |                   |                  |                     |
|------------------------|-------------------|------------------|---------------------|
| Baby Carrots (V)       | Bananas (F)       | Chard Salad (V)  | Salad Dressings:    |
| Little Gem Lettuce (V) | Mandarins (F)     | Kidney Beans (V) | Homemade Ranch and  |
| Garbanzo Beans (V)     | Apples (F)        | Salad Greens (V) | Apple Cider Vinegar |
| Broccoli (V)           | Blueberries (F)   | Celery (V)       |                     |
| Canned Corn (V)        | Navel Oranges (F) | Cucumbers (V)    |                     |
| Shredded Beets (V)     |                   | Jicama (V)       |                     |

THIS MONTH  
WE ARE  
INTRODUCING A  
NEW CHARD  
SALAD, IT HAS  
YUMMY APPLE  
CHUNKS &  
SUNFLOWER  
SEEDS WITH A  
APPLE CIDER  
VINEGAR  
DRESSING! TRY  
IT!



## HARVEST OF THE MONTH



This month we are offering **Navel Oranges**. They are a great source of fiber, vitamin C and folate. One 140 gram orange covers 92% of your daily vitamin C needs. In addition to vitamin C and folate, oranges provide smaller amounts of other nutrients, including calcium, potassium, and thiamine.



This month we are featuring **Chard**. This is a leafy green vegetable that is high in nutrients. It contains vitamins A, C, and K, as well as calcium, magnesium, and potassium.

Chard is low in sodium, making it a good choice for vegetarians. Chard is high in minerals, making it ideal for salads, soups, stews and casseroles.

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