

ALL STUDENTS EAT AT NO COST!!

Gateway Unified School District

Adult Lunch	\$5.75
Adult Breakfast	\$4.25
Milk	\$0.50

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

Shasta Lake School Menu

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

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 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

LUNCH INCLUDES FRESH FRUIT

(CANNED MAY BE AVAILABLE); FRESH

SALAD and/or FRESH

VEGETABLE(S)



SERVING FIVE STAR MEALS



Monday	Tuesday	Wednesday	Thursday	Friday
	1 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> ENCHILLADAS	2 CHEESE OMELET CINNAMON TOAST SLICE <u>LUNCH</u> HOT DOG W/BUN TOTS	3 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> CHICKEN PORTIONS MASHED POTATOES ROLL, CORN	4 PANCAKE SAUS. ON A STICK <u>LUNCH</u> FRENCH BREAD PIZZA
7 FRENCH TOAST STICKS <u>LUNCH</u> POPCORN CHICKEN CURLY NOODLES	8 OATMEAL 1/2 ENGLISH MUFFIN <u>LUNCH</u> CHICKEN FAJITA SEASONED RICE	9 BREAKFAST WRAP <u>LUNCH</u> CORN DOG POTATO WEDGES	10 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> MEATLOAF MASHED POTATOES ROLL, CORN	11 YOGURT PARFAITS (FRT.&GRAN.) <u>LUNCH</u> ORANGE CHICKEN RICE
14 	-----SPRING RECESS-----			18 
21 FRENCH TOAST STICKS <u>LUNCH</u> CHICKEN PATTY SAND. STEAMED CARROTS	22 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> SOFT TACO	23 EGGSTRAVAGANZA CINNAMON TOAST SLICE <u>LUNCH</u> HAMBURGER W/BUN CRINKLE CUT FRIES	24 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> MAC N CHEESE GREEN BEANS	25 CINNAMON ROLL <u>LUNCH</u> FRENCH BREAD PIZZA
28 FRENCH TOAST <u>LUNCH</u> CHICKEN TENDERS STEAMED BROCCOLI	29 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> BEEFY NACHOS RICE	30 BREAKFAST BURRITO <u>LUNCH</u> SUB SANDWICH SUN CHIPS		

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 WE ALSO PROUDLY SERVE PRODUCER'S MILK AND DAIRY

CHILLED 1% WHITE MLK AND NONFAT CHOCOLATE MLK & OTHER FLAVORS ARE SEASONAL (no high fructose corn syrup in chocolate milk)  
ALL MENU'S SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY