

ALL STUDENTS EAT AT NO COST!!

Gateway Unified School District

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

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



Shasta Lake School Menu



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

SERVING FIVE STAR MEALS



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

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)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 ITEMS</p> <p>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</p>			<p>1 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> SPAGHETTI W/MEAT SAUCE GREEN BEANS</p>	<p>2 CINNAMON ROLL <u>LUNCH</u> FRENCH BREAD PIZZA</p>
<p>5 FRENCH TOAST <u>LUNCH</u> CHICKEN TENDERS STEAMED BROCCOLI</p>	<p>6 OATMEAL 1/2 ENGLISH MUFFIN <u>LUNCH</u> ENCHILLADAS</p>	<p>7 BREAKFAST WRAP <u>LUNCH</u> HOT DOG TATER TOTS</p>	<p>8 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> CHICKEN PORTIONS MASHED POTATOES ROLL, CORN</p>	<p>9 YOGURT PARFAITS (FRT.&GRAN.) <u>LUNCH</u> FRENCH BREAD PIZZA</p>
<p>12 FRENCH TOAST STICKS <u>LUNCH</u> POPCORN CHICKEN CURLY NOODLES</p>	<p>13 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> CHICKEN FAJITA</p>	<p>14 EGGSTRAVAGANZA CINNAMON TOAST SLICE <u>LUNCH</u> CORN DOG POTATO WEDGES</p>	<p>15 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> SALSBERY STEAK MASHED POTATOES GREEN BEANS, ROLL</p>	<p>16 CINNAMON SWEET ROLL <u>LUNCH</u> ORANGE CHICKEN RICE</p>
<p>19 FRENCH TOAST STICKS <u>LUNCH</u> CHICKEN PATTY SAND. STEAMED CARROTS</p>	<p>20 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> BEEFY NACHOS RICE</p>	<p>21 BREAKFAST BURRITO <u>LUNCH</u> SUB SANDWICH SUN CHIPS</p>	<p>22 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> MAC N CHEESE GREEN BEANS</p>	<p>23 CINNAMON ROLL <u>LUNCH</u> FRENCH BREAD PIZZA</p>
<p>26 Memorial Day -----NO SCHOOL-----</p>	<p>27 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> SOFT TACO</p>	<p>28 OMELET CINNAMON TOAST SLICE <u>LUNCH</u> HAMBURGER W/BUN CRINKLE CUT FRIES</p>	<p>29 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> TURKEY W/GRAVY, MASHED POTATOES WW DINNER ROLL, CORN</p>	<p>30 PANCAKE SAUS. ON A STICK <u>LUNCH</u> FRENCH BREAD PIZZA</p>