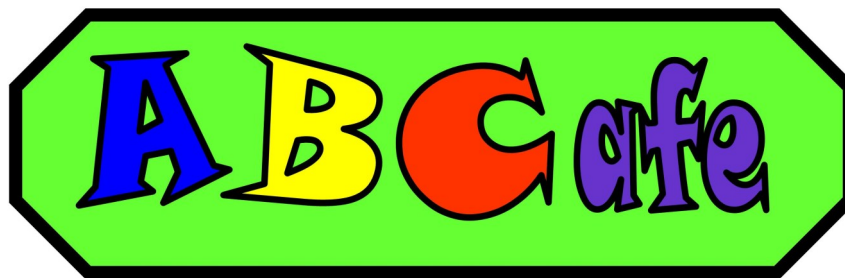


ABC Unified School District



VISIT OUR NUTRITION SERVICES WEBSITE

Online Meal Applications
 School Menus
 Menu Nutrition Info
 Allergy Info
 Prepayment Options
 Nutritious Recipes

www.abcafe.us

ONLINE PAYMENT BONUS !!!

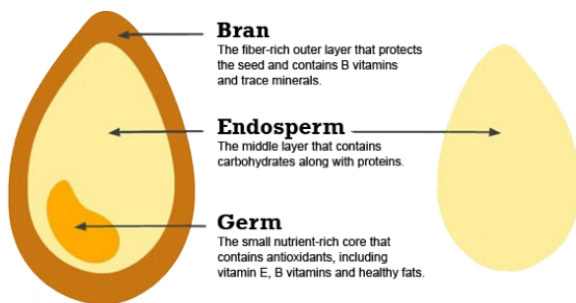
For every \$40 you put on your elementary or middle school student's meal account online, your student receives a bonus meal valued at \$2.50-2.85!
 (Reduced students earn a meal at \$8.00.)

For every \$20 put on a high school account, at school or online, your student earns a bonus item valued up to \$1.00

Did You Know?

All of our grains are whole grain! Whole grains are packed with fiber and B vitamins!

Whole Grain vs. "White" Grain



NEW MEAL PRICES

Lunch K-6	\$2.60
Lunch 7-8	\$2.85
Lunch 9-12	\$3.10
Reduced Lunch	\$.40
Breakfast K-6	\$1.25
Breakfast 7-12	\$1.50
Reduced Breakfast	\$.30
Milk Only	\$.50

BREAKFAST

Breakfast includes an Entrée, a Fruit, and a Milk. Must choose an Entrée and a Fruit.

* = Vegetarian
 ** = Contains Pork

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Maple Pancakes*	Cinnamon Roll *	Sausage & Cheese Breakfast Sandwich**	Mini Maple Pancakes*	Turkey Sausage Pancake Stick

Also available everyday: Assorted Cold Cereal* or Banana Chocolate Chunk Breakfast Bar*

October 2017

Please choose ONE entrée from any of the categories listed below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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FAVORITES

French Toast w/ Sausage**	Chicken Nuggets	Cheeseburger Twins	Breaded Chicken Burger	Chicken Hot Dog
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VEGETARIAN OPTIONS

Grilled Cheese*	Mozzarella Pizza Stick*	Fiesta Bites*	Cheese Pizza Sliders*	White Bean Chili w/ Doritos*
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SALADS & MORE



Fun Pack Meal Goldfish Crackers, Sunflower Seeds & Cheese Stick*	Spinach Salad & Goldfish Crackers	Fun Pack Meal Goldfish Crackers, Sunflower Seeds & Cheese Stick*	Pepperoni Pizza Salad & Goldfish Crackers**	Fun Pack Meal Goldfish Crackers, Sunflower Seeds & Cheese Stick*
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ENTRÉE OF THE DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fajitas w/ Tortilla ²	Pork Rib-B-Que** ³ <i>Gonsalves Pizza Day</i>	Chicken w/ Gravy & Mashed Potatoes, Roll ⁴ <i>Stowers Pizza Day</i>	Beef Chili w/ Tortilla Chips ⁵ <i>Willow Pizza day</i>	Beef Teriyaki w/ Brown Rice & Broccoli ⁶ <i>Furgeson Pizza Day</i>
Turkey Taco Empanada ⁹ <i>Juarez Pizza Day</i>	Pepperoni Wedge Pizza** ¹⁰ <i>Kennedy Pizza Day</i>	Breaded Chicken Drumstick & Roll ¹¹ <i>Cerritos Pizza Day</i>	Pork Mashed Potatoes & Gravy w/ Roll** ¹² <i>Wittmann Pizza Day</i>	Alfredo Chicken Bake ¹³ <i>Hawaiian Pizza Day</i>
Chicken Fajitas w/ Tortilla ¹⁶ <i>Burbank Pizza Day</i>	Pork Rib-B-Que** ¹⁷ <i>Palms Pizza Day</i>	Chicken w/ Gravy & Mashed Potatoes, Roll ¹⁸ <i>Nixon Pizza Day</i>	Beef Chili w/ Tortilla Chips ¹⁹ <i>Leal Pizza Day</i>	Beef Teriyaki w/ Brown Rice & Broccoli ²⁰ <i>Melbourne Pizza Day</i>
Turkey Taco Empanada ²³ <i>Bragg Pizza Day</i>	Pepperoni Wedge Pizza** ²⁴ <i>Aloha Pizza Day</i>	Breaded Chicken Drumstick & Roll ²⁵ <i>Niemes Pizza Day</i>	Pork Mashed Potatoes & Gravy w/ Roll** ²⁶ <i>Carver Pizza Day</i>	Alfredo Chicken Bake ²⁷ <i>Elliot Pizza Day</i>

Must select at least ONE of the sides listed below. Milk is optional.

SIDES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetables 	Polka Dot Tots Salsa Carrots	Marinara Ranchero Beans Carrots	Romaine Lettuce Corn Carrots	Broccoli w/Cheddar Corn Carrots	Cucumbers BBQ Beans Carrots
Fruits 	Fresh Fruit Dried Fruit Cupped Fruit	Fresh Fruit Dried Fruit Cupped Fruit	Fresh Fruit Dried Fruit Cupped Fruit	Fresh Fruit Dried Fruit Cupped Fruit	Fresh Fruit Dried Fruit Cupped Fruit
Milk	1% White Milk and Nonfat Chocolate Milk Available.				

Menu subject to change, entrée choices are not guaranteed throughout the entire meal services. Salad entrée is not offered the day after a holiday. Sides may also vary the day after a holiday. Pizza is the only entrée on Pizza day.

This institution is an equal opportunity provider.