

# ABC Unified School District



\* = Vegetarian  
\*\* = Contains Pork

## BREAKFAST

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

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\*

Breakfast schools include: Aloha, Burbank, Furgeson, Hawaiian, Kennedy, Melbourne, Niemes, Willow, Juarez

### Ingredients

- 1 Cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

### Preparation

- Combine all ingredients in a blender container. Blend until mixture is smooth.
- Pour into glasses and serve.

Makes 2 servings - 1 Cup per serving.

## Great Grape Smoothie



### Nutritional Information

Calories: 187  
Total Fat: 0 g  
Saturated Fat: 0 g  
Trans Fat: 0 g  
Cholesterol: 0 mg  
Sodium: 4 mg  
Total Carbohydrate: 48 g  
Dietary Fiber: 5 g  
Protein: 2 g

Source: <https://cachampionsforchange.cdph.ca.gov/en/recipes/Pages/Great-Grape-Smoothie.aspx>

### 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

### 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

Visit our Nutrition Services website → [www.abcafe.us](http://www.abcafe.us)

School Menus, Menu Nutrition Info, Allergen Info, Online Meal Applications,  
Pre-payment Options, Nutritious Recipes

# February 2018

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 <sup>5</sup>	Pork Rib-B-Que** <sup>6</sup> <i>Gonsalves &amp; Stowers Pizza Day</i>	Chicken w/ Gravy & Mashed Potatoes, Roll <sup>7</sup> <i>Kennedy &amp; Juarez Pizza Day</i>	Beef Chili w/ Tortilla Chips <sup>8</sup> <i>Willow Pizza Day</i>	Beef Teriyaki w/ Brown Rice & Broccoli <sup>9</sup> <i>Ferguson Pizza Day</i>
<b>HOLIDAY</b> <sup>12</sup>	Pepperoni Wedge Pizza** <sup>13</sup> <i>Aloha Pizza Day</i>	Breaded Chicken Drumstick & Roll <sup>14</sup> <i>Hawaiian Pizza Day</i>	Pork Mashed Potatoes & Gravy w/ Roll** <sup>15</sup> <i>Wittman &amp; Cerritos Pizza Day</i>	<i>Alfredo Chicken Bake</i> <sup>16</sup>
<b>HOLIDAY</b> <sup>19</sup>	Pork Rib-B-Que** <sup>20</sup> <i>Palms Pizza Day</i>	Chicken w/ Gravy & Mashed Potatoes, Roll <sup>21</sup> <i>Burbank Pizza Day</i>	Beef Chili w/ Tortilla Chips <sup>22</sup> <i>Nixon Pizza Day</i>	Beef Teriyaki w/ Brown Rice & Broccoli <sup>23</sup> <i>Melbourne Pizza Day</i>
Turkey Taco Empanada <sup>26</sup> <i>Bragg Pizza Day</i>	Pepperoni Wedge Pizza** <sup>27</sup> <i>Niemes Pizza Day</i>	Breaded Chicken Drumstick & Roll <sup>28</sup> <i>Leal Pizza Day</i>	Pork Mashed Potatoes & Gravy w/ Roll** <sup>1</sup> <i>Elliott &amp; Carver Pizza Day</i>	<i>Alfredo Chicken Bake</i> <sup>2</sup>

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	Celery 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.