

ABC Unified School District



ATTENTION PARENTS !

Time to submit your child's school lunch application!

How to apply:

- Online at www.school lunchapp.com
(the fastest way to get your application processed!)
- or
- Submit a completed paper application to your child's school or to the Nutrition Services Central Kitchen Office (12255 Cuesta Dr. Cerritos, CA)

NEW MEAL PRICES

| | |
|-------------------|--------|
| Lunch K-6 | \$2.70 |
| Lunch 7-8 | \$2.95 |
| Lunch 9-12 | \$3.20 |
| Reduced Lunch | \$.40 |
| Breakfast K-6 | \$1.25 |
| Breakfast 7-12 | \$1.50 |
| Reduced Breakfast | \$.40 |
| Milk Only | \$.50 |

Visit our Nutrition Services Website!

www.abcafe.us

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



DID YOU KNOW?

CUCUMBER

A ½ cup of sliced cucumbers provides a good source of vitamin K and is a source of water, a vital nutrient for the body.

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*

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

September 2018

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| FAVORITES | | | | |
| French Toast w/ Sausage** | Chicken Nuggets | Cheeseburger Twins | Breaded Chicken Burger | Chicken Hot Dog |
| VEGETARIAN OPTIONS | | | | |
| Grilled Cheese* | Mozzarella Pizza Stick* | Bean & Cheese Burrito* | Cheese Pizza Sliders* | White Bean Chili Doritos* |
| 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* |
| ENTRÉE OF THE DAY | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 10 Turkey Taco Empanada | 11 Pepperoni Wedge Pizza** <i>Cerritos & Willow Pizza Day</i> | 12 Breaded Chicken Drumstick & Roll <i>Leal & Stowers Pizza Day</i> | 13 Pork Mashed Potatoes & Gravy w/ Roll** <i>Niemes Pizza Day</i> | 14 Alfredo Chicken Bake <i>Hawaiian Pizza Day</i> |
| 17 <i>Chicken Fajitas w/ Tortilla</i> <i>Melbourne Pizza Day</i> | 18 Pork Rib-B-Que** <i>Elliott & Wittman Pizza Day</i> | 19 Chicken w/Gravy & Mashed Potatoes, Roll <i>Aloha & Gonsalves Pizza Day</i> | 20 Beef Chili w/Tortilla Chips <i>Burbank & Palms Pizza Day</i> | 21 Beef Teriyaki w/Brown Rice & Broccoli |
| 24 Turkey Taco Empanada | 25 Pepperoni Wedge Pizza** <i>Bragg Pizza Day</i> | 26 Breaded Chicken Drumstick & Roll <i>Ferguson Pizza Day</i> | 27 Pork Mashed Potatoes & Gravy w/ Roll** <i>Kennedy & Nixon Pizza Day</i> | 28 Alfredo Chicken Bake <i>Carver & Juarez Pizza Day</i> |
| OCT-1 <i>Chicken Fajitas w/ Tortilla</i> | OCT-2 Pork Rib-B-Que** | OCT-3 Chicken w/Gravy & Mashed Potatoes, Roll | OCT-4 Beef Chili w/Tortilla Chips | OCT-5 Beef Teriyaki w/Brown Rice & Broccoli |

SIDES

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------|--|--|--|--|--|
| Vegetables | Polka Dot Tots Salsa Carrots | Marinara Ranchero Beans Carrots | Romaine Lettuce Corn Carrots | Broccoli w/Cheddar Corn | 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 available on Pizza Day.

This institution is an equal opportunity provider.