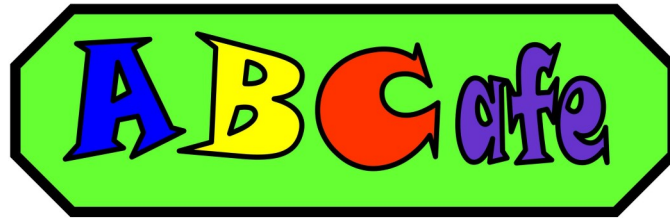


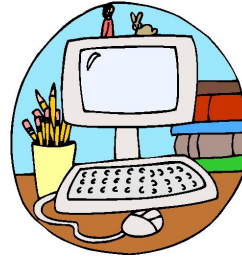
ABC Unified School District



VISIT OUR NUTRITION SERVICES WEBSITE

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

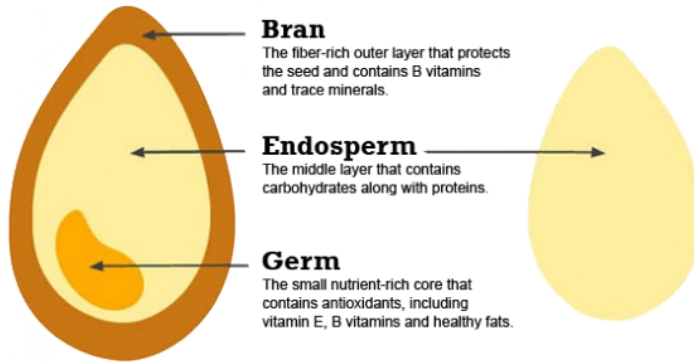
www.abcafe.us



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	\$2.70
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	\$.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*

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

October 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, Sun- flower Seeds & Cheese Stick*	Spinach Salad & Goldfish Crackers	Fun Pack Meal Goldfish Crackers, Sun- flower Seeds & Cheese Stick*	Pepperoni Pizza Salad & Goldfish Crackers**	Fun Pack Meal Goldfish Crackers, Sun- flower Seeds & Cheese Stick*

ENTRÉE OF THE DAY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Turkey Taco Empanada <i>Gonsalves Pizza Day</i>	9 Pepperoni Wedge Pizza** <i>Stowers Pizza Day</i>	10 Breaded Chicken Drumstick & Roll <i>Willow Pizza Day</i>	11 Pork Mashed Potatoes & Gravy w/ Roll** <i>Furgeson Pizza Day</i>	12 Alfredo Chicken Bake <i>Juarez Pizza Day</i>
15 <i>Chicken Fajitas w/ Tortilla</i>	16 Pork Rib-B-Que** <i>Kennedy Pizza Day</i>	17 Chicken w/Gravy & Mashed Potatoes, Roll <i>Cerritos Pizza Day</i>	18 Beef Chili w/Tortilla Chips <i>Wittman Pizza Day</i>	19 Beef Teriyaki w/Brown Rice & Broccoli <i>Hawaiian Pizza Day</i>
22 Turkey Taco Empanada <i>Burbank Pizza Day</i>	23 Pepperoni Wedge Pizza** <i>Palms Pizza Day</i>	24 Breaded Chicken Drumstick & Roll <i>Nixon Pizza Day</i>	25 Pork Mashed Potatoes & Gravy w/ Roll** <i>Leal Pizza Day</i>	26 Alfredo Chicken Bake <i>Melbourne Pizza Day</i>
29 <i>Chicken Fajitas w/ Tortilla</i> <i>Bragg & Elliott Pizza Day</i>	30 Pork Rib-B-Que** <i>Aloha Pizza Day</i>	31 Chicken w/Gravy & Mashed Potatoes, Roll <i>Niemes & Carver Pizza Day</i>	NOV-1 Beef Chili w/Tortilla Chips	NOV-2 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 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.