

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	\$2.70
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

Visit our Nutrition Services website → www.abcafe.us

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

February 2019

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*	Bean & Cheese Burrito*	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
Turkey Taco Empanada ⁴	Pepperoni Wedge Pizza** ⁵ <i>Stowers & Kennedy Pizza Day</i>	Breaded Chicken Drumstick & Roll ⁶ <i>Juarez & Willow Pizza Day</i>	Pork Mashed Potatoes & Gravy w/ Roll** ⁷ <i>Furgeson Pizza Day</i>	Alfredo Chicken Bake ⁸ <i>Gonsalves Pizza Day</i>
HOLIDAY ¹¹	Pork Rib-B-Que** ¹²	Chicken w/ Gravy & Mashed Potatoes, Roll ¹³ <i>Wittman & Hawaiian Pizza day</i>	Beef Chili w/ Tortilla Chips ¹⁴	Beef Teriyaki w/ Brown Rice & Broccoli ¹⁵ <i>Aloha & Cerritos Pizza Day</i>
HOLIDAY ¹⁸	Pepperoni Wedge Pizza** ¹⁹	Breaded Chicken Drumstick & Roll ²⁰ <i>Palms & Bragg Pizza Day</i>	Pork Mashed Potatoes & Gravy w/ Roll** ²¹ <i>Burbank & Nixon Pizza Day</i>	Alfredo Chicken Bake ²² <i>Melbourne Pizza Day</i>
Chicken Fajitas w/ Tortilla ²⁵ <i>Niemes Pizza Day</i>	Pork Rib-B-Que** ²⁶ <i>Leal Pizza Day</i>	Chicken w/ Gravy & Mashed Potatoes, Roll ²⁷ <i>Elliot Pizza Day</i>	Beef Chili w/ Tortilla Chips ²⁸ <i>Carver Pizza Day</i>	MARCH-1 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	Cucumber 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.