

WESTERN PLACER UNIFIED SCHOOL DISTRICT

2017 Summer School Menu

Offered daily: 1% White Milk, Non Fat Chocolate Milk & Non Fat Vanilla Milk (16g)
 Fresh Fruit (18g), Canned Fruit (18g), Raisins (30g), Baby Carrots (9g) & Garden Salad (20g)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEK OF
Hot Dog (27g) French Fries (12g) ***** Chef's Choice	Mandarin Orange Chicken over Rice (43g) Fruit Juice (14g)	Schwan's Big Daddy's Cheese (36g) or Pepperoni Pizza (36g) Fruit Juice (14g)	Tyson Tenderloin Chicken Strip (17g) Baked Fries (12g) WG Cookie (21g)	Lasagna Roll (29g) MjM Cookie(20g) Fruit (18g)	12-June 10-July
Steak Pub Hamburger or Cheeseburger (27g) w/Lettuce & Tomato French Fries (12g) Chef's Choice	Bean & Cheese Burrito (56g) Corn (19g)	Schwan's Big Daddy's Cheese (36g) or Pepperoni Pizza (36g) Fruit Juice (14g)	Tyson Chicken Sandwich (41g) w/Lettuce & Tomato Garlic Baked Fries (12g)	Mandarin Orange Chicken over Rice (43g) Fruit Juice (14g)	19-June 17-July
Foster Farms Corn Dog (30g) Tator Tots (16g) ***** Chef's Choice	Enchiladas (42g) Spanish Rice (34g) Fruit (18g)	Schwan's Big Daddy's Cheese (36g) or Pepperoni Pizza (36g) Fruit Juice (14g)	Tyson Chicken Tenders (21g) Mashed Potatoes (17g) WG Cookie (21g)	Deli Sandwich w/Chips (46g) Fruit (18g)	26-June 24-July
Beef Dipper (9g) w/Rice (33g) ***** Chef's Choice	Creamy Mac & Cheese (31g) Fruit Juice (14g)	Schwan's Big Daddy's Cheese (36g) or Pepperoni Pizza (36g) Fruit Juice (14g)	Tyson Chicken Sandwich (41g) w/Lettuce & Tomato Garlic Baked Fries (12g)	Grilled Cheese Sandwich (33g) French Fries (12g)	5-July

Protein = (Meat/Meat Alternative) Whole Grains, Dairy, Fruit & Vegetables are offered daily
 Each student may take a serving from each of the "5" food groups offered at lunch

*****MENU SUBJECT TO CHANGE*****
 (Which could affect carb count)

This institution is an equal opportunity provider.

