

Start your day off **“Fresh and Smart”** by participating in our Breakfast for All program. We offer free breakfast to all enrolled students before school. We also offer a second chance breakfast at sites offering nutrition break.

Meal Prices
Breakfast - Free

Lunch -
Reduced \$0.40 Daily
Reduced \$2.00 Weekly

Paid \$2.75 Daily
Paid \$13.75 Weekly



Sack Lunch and Pizza Party order forms are available on the district web site. We ask that you fax all request 2 weeks in advance to: 556-0212.



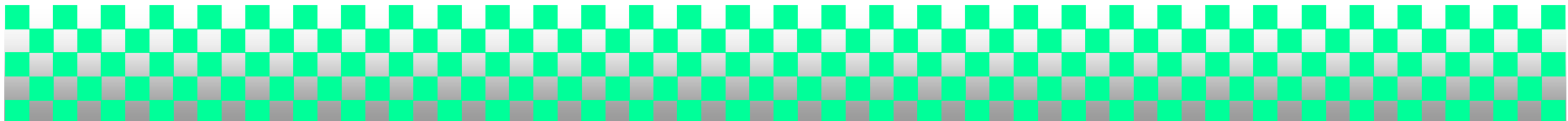
Argus High School Menu



October
Breakfast and Lunch

Fresh & Smart
Nutrition

Ceres Unified



Breakfast & Lunch Menu

	2		3		4		5		6
Cereal Variety Apple Cinnamon Pancake		Cereal Variety Ham, Egg & Cheese Sandwich		Cereal Variety Muffin		Cereal Variety Blueberry Pancake on a Stick		Cereal Variety French Toast Sticks	
Popcorn Chicken Salad		Popcorn Chicken Bowl		Chili Macaroni		Chicken Sandwich		Four Cheese Pizza	
	9		10		11		12		13
Cereal Variety Cinnamon Roll		Cereal Variety Pancake Bites		Cereal Variety Breakfast Bun Bites		Cereal Variety Egg & Sausage Burrito		Cereal Variety Yogurt w/Granola	
Rotini w/Meat Sauce		Cheeseburger		Spicy Boneless Chicken Wings		Mango Mandarin Chicken		Nachos	
	16		17		18		19		20
Cereal Variety Egg & Cheese Wrap		Cereal Variety Apple Cranberry Danish		Cereal Variety Breakfast Pizza Bagel		Cereal Variety Crumb Cake		Cereal Variety Mini Strawberry Pancake	
Asian Chicken Chunks		Spicy Chicken Wings		Hamburger		Southwest Bowl		Pasta Alfredo	
	23		24		25		26		27
Cereal Variety Egg & Potato Burrito		Cereal Variety Breakfast Bread		Cereal Variety Egg & Cheese Sandwich		Cereal Variety Pan Dulce		Cereal Variety Sausage Biscuit	
Mandarin Orange Chicken		Spicy Chicken Strips		Meat Combo Pizza		Uncrustable		Chicken Tamale	
	30		31						
No School		Cereal Variety Ham, Egg & Cheese Sandwich							
		Popcorn Chicken Bowl							



Breakfast Served Free to all daily.



All lunches are served with a variety of fresh and canned fruits and vegetables daily.
All meals must include a 1/2 cup fruit or vegetable with two other items to be a complete meal.

**MILK VARIETY AVAILABLE FOR ALL MEALS:
 NON FAT CHOCOLATE
 LOW FAT WHITE**

