

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**

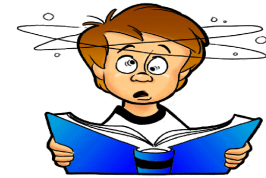
**Paid \$2.75 Daily**  
**Paid \$13.75 Weekly**



**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.**

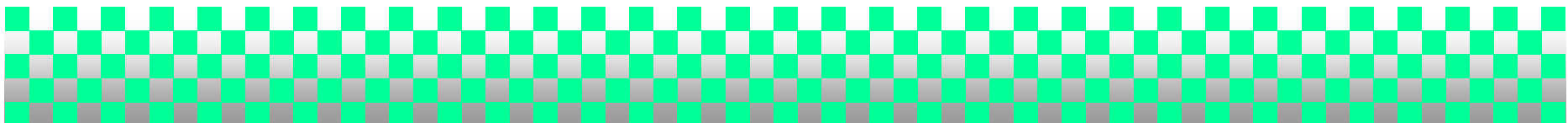


# Jr. High School Menu



August –November  
Breakfast and Lunch

Fresh & Smart  
Nutrition  
  
Ceres Unified



# Jr. High Menu

Mon	Tue	Wed	Thu	Fri
Cereal Variety Cinnamon Roll Apple Cinnamon Pancakes Egg & Cheese Wrap Egg & Potato Burrito Fruit Variety Milk Variety	Cereal Variety Breakfast Breads Apple Cranberry Danish Pancake Breakfast Bites Ham, Egg & Cheese Sandwich Fruit Variety Milk Variety	Cereal Variety Breakfast Pizza Bagel Egg & Cheese Sandwich Muffin Breakfast Bun Bites Fruit Variety Milk Variety	Cereal Variety Blueberry Pancake on a stick Egg & Sausage Burrito Pan Dulce Crumb Cake Fruit Variety Milk Variety	Cereal Variety French Toast Sticks Sausage Biscuit Mini Strawberry Pancakes Yogurt w/Granola Fruit Variety Milk Variety
Popcorn Chicken Salad Turkey & Cheese Croissant Mandarin Orange Chicken Rotini w/Meat Sauce Four Cheese Pizza Pepperoni Pizza Nachos Spicy Chicken Sandwich Asian Chicken Chunks Cheese Enchilada Fruit Variety Vegetable Variety Milk Variety	Spicy Chicken Wrap Ham & Cheese on Ciabatta Bean & Cheese Burrito Popcorn Chicken Bowl Four Cheese Pizza Buffalo Chicken Pizza PB & J Uncrustable Cheeseburger Spicy Chicken Strips Thai Chili Roasted Chicken Fruit Variety Vegetable Variety Milk Variety	Chicken Caesar Salad Tuna Croissant Sandwich Kung Pao Chicken Chili Macaroni Four Cheese Pizza Meat Combo Pizza Nachos Hamburger Spicy Boneless Chicken Wings Smothered Burrito Fruit Variety Vegetable Variety Milk Variety	Chicken Garden Salad Roast Beef Sandwich Mano Mandarin Chicken Turkey & Gravy Four Cheese Pizza Hawaiian Pizza PB & J Uncrustable Chicken Sandwich Southwest Bowl Carnitas Taco Truck Taco Fruit Variety Vegetable Variety Milk Variety	Asian Noodle Chicken Salad Combo Deli Sandwich Teriyaki Chicken Pasta Alfredo Four Cheese Pizza Veggie Pizza Nachos Beef Hot Dog Chicken Parmesan Sandwich Chicken Tamale Fruit Variety Vegetable Variety Milk Variety

All meals must include 1/2c fruit or 1/2c vegetable and two other items to be a reimbursable meal

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

Menu Subject to Changes Based on Product Availability.



**Vegetarian Options in Green**

