

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.

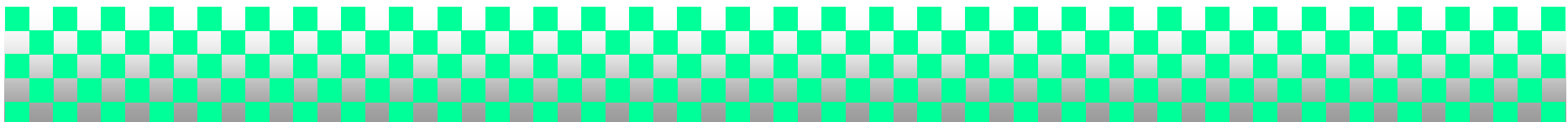


# Argus High School Menu



January  
Breakfast and Lunch

Fresh & Smart  
Nutrition  
  
Ceres Unified



# Lunch

	1		2		3		4		5
	No School		No School		No School		No School		No School
	8		9		10		11		12
No School	Ham, Egg & Cheese Sandwich		Muffin		Blueberry Pancake on a Stick		French Toast w/Syrup		
			Spicy Chicken w/Doritos Pudding Cup		Smothered Burrito Almond Pouch		Turkey & Gravy Roll Chocolate Chip Cookie		Lasagna Garlic Toast
	15		16		17		18		19
No School	Pancake Breakfast Bites		Breakfast Bun Bites		Egg & Sausage Burrito		Yogurt w/Granola		
			Cheeseburger Pudding Cup		Spicy Boneless Chicken Potato Puffs Almond Pouch		Southwest Bowl		Beef Hot Dog Chips
	22		23		24		25		26
Egg & Cheese Wrap	Apple Cranberry Danish		Breakfast Pizza Bagel		Crumb Cake		Mini Strawberry Pancakes		
			Beef Stoganoff Pudding Cup		Meat Combo Pizza Almond Pouch		Mango Mandarin Chicken Snickerdoodle Cookie		Nachos
	29		30		31				
Bacon, Egg & Cheese Stuffed Croissant	Breakfast Bread		Fiesta Egg & Cheese Sandwich						
			Spicy Chicken Sandwich		Pasta Alfredo Almond Pouch				
			Popcorn Orange Chicken Pudding Cup						



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**

