

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 -
Reduced \$0.40 Daily
Paid \$1.25

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.



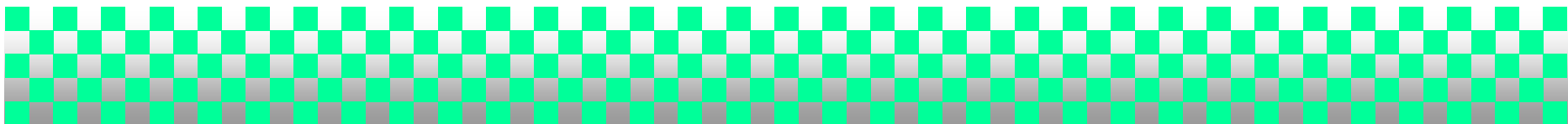
Whitmore Charter Jr High & High School Menu



January Lunch

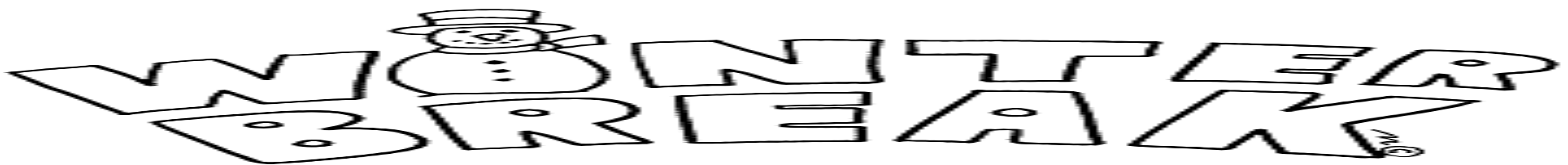
Fresh & Smart
 Nutrition

 Ceres Unified



Lunch

No School	8	Deli Ham Salad Bean & Cheese Burrito Roast Beef Sub Sandwich w/Chips Beef Stroganoff	9	Deli Ham Salad P B & J Uncrustable w/ pretzels Lemon Chicken w/Rice Pepperoni Pizza Wedge	10	Deli Ham Salad Soup & Sandwich Pasta w/Meat Sauce Chicken Sandwich	11	Deli Ham Salad Hummus Pack Asian Chicken Chunks w/Roll Chicken Tamale	12
No School	15	Fajita Chicken Salad Four Cheese Pizza Teriyaki Chicken Cheeseburger	16	Fajita Chicken Salad Smothered Burrito Roasted BBQ Chicken Ham & Cheese on Croissant	17	Fajita Chicken Salad En Fuego Bean & Cheese Burrito Beef Stroganoff Combo Deli Sandwich	18	Fajita Chicken Salad Chicken Parmesan Sandwich Pancakes & Scrambled Eggs Chicken Tamale	19
Popcorn Chicken Salad Uncrustable w/Pretzel Pepperoni Pizza Wedge Beef Soft Taco w/Rice	22	Popcorn Chicken Salad Buffalo Chicken Pizza Nachos Chile Verde Pulled Pork	23	Popcorn Chicken Salad Pasta Alfredo Chicken Strips w/chips Rib A Que	24	Popcorn Chicken Salad Southwest Bowl Cherry Blossom Chicken Chicken Sandwich	25	Popcorn Chicken Salad Tuna Croissant Sandwich Garlic Cheese Bread Lasagna w/Toast	26
Asian Noodle Chicken Salad Hummus Pack BBQ Chicken Sandwich Popcorn Chicken Bowl w/Roll	29	Asian Noodle Chicken Salad Chili Macaroni Four Cheese Pizza Roast Beef Sub Sandwich w/Chips	30	Asian Noodle Chicken Salad Smothered Burrito Spicy Boneless Chunks Beef Hot Dog	31				



Breakfast Served Daily
Please see the K-12 menu for offerings.



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

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

