

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.**

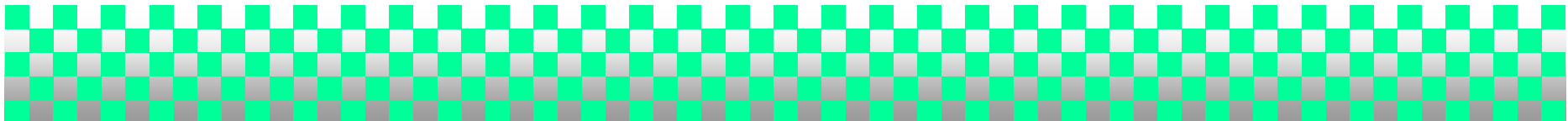


# Argus High School Menu



February  
Breakfast and Lunch

Fresh & Smart  
Nutrition  
  
Ceres Unified



# Lunch

				Pan Dulce	1	Sausage Biscuit	2		
				Soup & Sandwich		Chicken Parmesan Sandwich			
Apple Cinnamon Mini Pancake	5	Ham, Egg & Cheese Sandwich	6	Muffin	7	Blueberry Pancake on a Stick	8	French Toast Sticks	9
Thai Chili Roasted Chicken		Roast Beef Sandwich Chips		Smothered Burrito		Turkey & Gravy Roll		Lasagna Garlic Toast	
	12		13		14		15		16
No School		No School		No School		No School		No School	
	19	Pancake Mini Bites	20	Breakfast Bun Bites	21	Egg & Sausage Burrito	22	Yogurt w/Granola	23
No School									
		Beef Stroganoff		Rib A Que		Combo Deli Sandwich		Nachos	
Egg & Cheese Wrap	26	Apple Cranberry Danish	27	Breakfast Pizza Bagel	28				
Beef Soft Taco		Cherry Blossom Chicken		Spicy Boneless Chicken Chunks					



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**

