

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.**

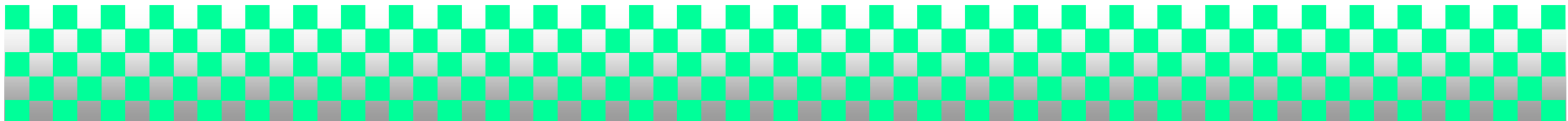


# Argus High School Menu



April  
Breakfast and Lunch

Fresh & Smart  
Nutrition  
  
Ceres Unified



# Lunch

Bacon, Egg & Cheese Stuffed Croissant	9	Breakfast Bread	10	Fiesta Egg & Cheese Sandwich	11	Pan Dulce	12	Sausage Biscuit	13
Korean BBQ Chicken		BBQ Pork Sliders		Chicken Tinga w/Rice		Fiesta Bean & Cheese Burrito		Meatball Sub	
Apple Cinnamon Mini Pancake	16	Ham, Egg & Cheese Sandwich	17	Muffin	18	Blueberry Pancake on a Stick	19	French Toast Sticks	20
BBQ Chicken Sandwich		Beef Stoganoff		Spicy Chicken Wrap		Corn Dog Mini w/ Mac n Cheese		Chili Macaroni	
Cinnamon Roll	23	Pancake Breakfast Bites	24	Breakfast Bun Bites	25	Egg & Sausage Burrito	26	Yogurt w/Granola	27
Cheese Enchilada		Teriyaki Chicken w/Rice		Chicken Parmesan Sandwich		Pork Chop w/Potatoes		Cheese Stuffed Shells	
Egg & Cheese Wrap	30								
Chile Verde Pulled Pork									



Breakfast Served Free to all daily.

Cereal served daily as a breakfast option.



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**

