

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.



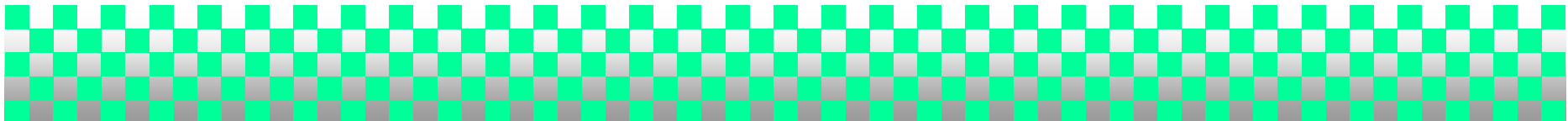
Argus High School Menu



May/June
Breakfast and Lunch

Fresh & Smart
Nutrition

Ceres Unified



Lunch

	Apple Cranberry Danish	1	Chefs Choice	2	Crumb Cake	3	Mini Strawberry Pancakes	4	
	Beef Stroganoff		En Fuego Bean & Cheese Burrito		Pork Chop w/Potatoes		Nachos		
Bacon, Egg & Cheese Croissant	7	Breakfast Bread	8	Fiesta Egg & Cheese Sandwich	9	Pan Dulce	10	Sausage Biscuit	11
Corn Dog w/Chips		Teriyaki Chicken w/Rice		Spicy Chicken Wrap		Spicy Chicken Sandwich		Cheese Stuffed Shells	
Apple Cinnamon Mini Pancake	14	Ham, Egg & Cheese Sandwich	15	Muffin	16	Blueberry Pancake on a Stick	17	French Toast Sticks	18
BBQ Chicken Sandwich		Buffalo Chicken Pizza		PB & J Uncrustable		Lemon Chicken w/Rice		Chili Macaroni	
Cinnamon Roll	21	Pancake Breakfast Bites	22	Breakfast Bun Bites	23	Egg & Sausage Burrito	24	Yogurt w/Granola	25
Pepperoni Pizza		BBQ Pork Sliders		Southwest Bowl		Soup & Sandwich		Meatball Sub	
No School	28	Apple Cranberry Danish	29	Breakfast Pizza Bagel	30	Chef Choice	31	Chefs Choice	1
		Spicy Strips w/Chips		Chicken Tinga w/Rice		Fiesta Bean & Cheese Burrito		Beef Hog Dog w/Chips	



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**

