

Welcome Back To School!

# August/September 2021



Lowfat (1%) plain or Nonfat Chocolate Milk available daily

Each meal provides fresh fruits & veggies DAILY!

Yogurt w/Crackers & 100% fruit juice available daily as second lunch choice!

*Our yogurt does not contain high fructose corn syrup, is lactose free and gluten free!*

**All grain products and breadings are whole grain!**

Meal Applications - Reminder!  
Online Apps available @ [www.slz.usd.org](http://www.slz.usd.org)

				<b>Aug. 19</b>	<b>Aug. 20</b>
				Whole Grain Turkey Corn Dog	Chicken Drumstick w/ Aloha Roll
<b>Aug. 23</b>	<b>Aug. 24</b>	<b>Aug. 25</b>	<b>Aug. 26</b>		
Cheesy Whole Grain Pizza	Bean & Cheese Burrito (purchased) chimi backup	Crispy Chicken Sandwich	Hamburger		
<b>Aug. 30</b>	<b>Aug. 31</b>	<b>Sept. 1</b>	<b>Sept. 2</b> ★		
Cheese Pull-Apart Bread w/ Marinara	Popcorn Chicken w/ Orange Sauce over Brown Rice	Chicken Nuggets w/ Aloha Roll	Whole Grain Spaghetti w/ Meat Sauce		
<b>Sept. 6</b>	<b>Sept. 7</b>	<b>Sept. 8</b>	<b>Sept. 9</b>		
Labor Day Holiday	Crispy Chicken Sandwich	Cheesy Whole Grain Pizza	Burrito (CK-made-Turkey Taco Meat)		
<b>Sept. 13</b>	<b>Sept. 14</b> ★	<b>Sept. 15</b>	<b>Sept. 16</b>		
Chicken Nuggets w/ Aloha Roll	Beef (or Chx) Teriyaki with Rice	Whole Grain Turkey Corn Dog	Hamburger		
<b>Sept. 20</b>	<b>Sept. 21</b>	<b>Sept. 22</b>	<b>Sept. 23</b>		
Cheesy Whole Grain Pizza	Burrito (CK-made-Turkey Taco Meat)	Crispy Chicken Sandwich	Whole Grain Spaghetti w/ Meat Sauce ★		
<b>Sept. 27</b>	<b>Sept. 28</b>	<b>Sept. 29</b>	<b>Sept. 30</b>		
Cheese Pull-Apart Bread w/ Marinara	Popcorn Chicken w/ Orange Sauce over Brown Rice	Chicken Nuggets w/ Aloha Roll	Hamburger		
				Vegetarian Option	

MENU SUBJECT TO CHANGE!

## Breakfast Menu

Breakfast includes daily entrée plus 2 varieties of fruit plus milk.  
All items made from 100% whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
Banana Chocolate Breakfast Bar	Muffin	Cereal	Yogurt & Graham Crackers	Mini Apple Bites



Dear San Lorenzo Families:

After a year and a half of remote learning, it is finally time to welcome our San Lorenzo students back into the classrooms and our cafeterias! We greatly missed serving our students during the closure and truly can't wait to see them in our lunch lines again! Our School Lunch Heroes served the children in our community throughout the district closure, ensuring any children who participated received nutritionally balanced meals to sustain them each day and support their learning. Now, we get to serve them in person again!

As you know, learning and nutrition go hand in hand. Children who eat well have greater chances of success in school. The San Lorenzo Child Nutrition Department shapes its school menus around state/federal regulations with the goal of improving not only the nutritional value of our meals but also improving the health of our students. We strive to feed as many children as possible...with the goal that they enjoy school meals!

We are excited to announce one major change for the 2021-2022 school year...all children attending school may receive FREE breakfast and lunch meals! While applications are not necessary to receive free meals, **we still need families to complete the application** to ensure the district receives necessary funding to better support your children. Further, families may receive additional benefits when they qualify under the income guidelines.

We thank all the parents, staff, faculty and administration for the support our department receives. We also thank our own Child Nutrition employees, our HEROES, who work very hard feeding your kids our nutritious, well balanced meals! We look forward to serving your children this year!

Sincerely,  
SLZUSD's Child Nutrition Department

**VISIT OUR WEBSITE for Child Nutrition information!!!**

**[www.slzsd.org](http://www.slzsd.org)**