

Elementary Lunch Menu - November - December 2011

Menu Subject to Change • Notice Given When Possible • Lunch includes choice of entrée, milk, hot vegetable and fresh garden bar

	Monday	Tuesday	Wednesday	Thursday	Friday
November	31 Pizza Cheese or Pepperoni	1 Baked Mac-n-Cheese or Pasta w/Beef Marinara & Crunchy Breadsticks	2 Tres Amigos Tacos w/Pinto Beans or Bean & Cheese Burrito	3 Orange Chicken Rice Bowl or Beef Hot Dog	4 Philly Steak Sandwich or Deli Sandwich Baked Cheez-it Scrabbles
	7 Pizza Cheese or Pepperoni	8 Chicken Nuggets w/Country Potatoes or Cheese Nachos WG Choc Chip Cookie	9 Brunch Mini-Pancakes w/Turkey Sausage or Yogurt Parfait w/Mozzarella String Cheese	10 Teriyaki Beef Dunkers Rice Bowl or Grilled Cheese Sandwich	11 Holiday
	14 Pizza Cheese or Pepperoni	15 Baked Mac-n-Cheese or Pasta w/Beef Marinara & Crunchy Breadsticks	16 Fajita Chicken Wrap or Bean & Cheese Burrito Fun Facts Smart Cookies	17 Orange Chicken Rice Bowl or Corn Dog	18 Beef or Chicken Sliders w/Potato Smiles Fruit Cobbler
No School November 21 - 25					
December	28 Pizza Cheese or Pepperoni	29 Chicken Nuggets w/Country Potatoes or Bean & Cheese Burrito	30 Brunch Mini-Pancakes w/Turkey Sausage or Yogurt Parfait w/Mozzarella String Cheese	1 Teriyaki Beef Dunkers Rice Bowl or Grilled Cheese Sandwich	2 Philly Steak Sandwich or Deli Sandwich Baked Cheez-it Scrabbles
	5 Pizza Cheese or Pepperoni	6 Baked Mac-n-Cheese or Pasta w/Beef Marinara & Crunchy Breadsticks	7 Tres Amigos Tacos w/Pinto Beans or Fajita Chicken Wrap	8 Orange Chicken Rice Bowl or Beef Hot Dog	9 Beef or Chicken Sliders w/Potato Smiles WG Choc Chip Cookie
	12 Pizza Cheese or Pepperoni	13 Chicken Nuggets w/Country Potatoes or Bean & Cheese Burrito	14 Brunch Mini-Pancakes or French Toast Sticks both w/Turkey Sausage Fruit Cobbler	15 Teriyaki Beef Dunkers Rice Bowl or Grilled Cheese Sandwich	16 Philly Steak Sandwich or Deli Sandwich Baked Cheez-it Scrabbles
	No School December 19 - 30				

Menu Item Notes:

Yogurt Parfait: Layers of low-fat strawberry yogurt and fresh fruit and comes with a crunchy topping.

Sliders: A pair of mini burgers or mini chicken sandwiches to enjoy with fixings of your choice

Deli Sandwich: Either turkey ham and cheese or tuna salad on a whole grain deli thin roll.

Fajita Chicken Wrap: Fajita chicken with shredded cabbage and cheese wrapped in a whole wheat tortilla.

Hot Vegetable: A hot vegetable such as broccoli, green beans, corn, zucchini, peas or mixed medley is offered daily.

National School Lunch Program Free and Reduced Price Meal Eligibility:

* In order to expedite and simplify the 2011-2012 National School Lunch Program application process, we are requesting that parents apply online. Please use the following Internet address to submit your online application : <https://rocketscan.cv.k12.ca.us>.
If needed, computer access to complete the application is available at your student's school (please contact the school directly for hours of availability) or at the Child Nutrition Office located at 19722 Center Street between 9:00am and 4:00pm. Computers may also be available at the Alameda County Library located at 3600 Norbridge Avenue in Castro Valley.

* Lunch Full Price: \$2.75 Reduced-Price: 40¢ Milk: 50¢ a la carte
* Prepayment of meals is made by placing funds in a student meal account. Prepayment may be made in several ways:

Cash or check sent in to the school cafeteria to be placed on account. If sending in a check, please note the student's name and ID number on the lower left corner of the check.

On-line at MyNutriKids.com with credit card, debit card or using a PayPal™ account. Please note that student ID numbers are required for on-line deposits and that there is a flat fee of \$1.75 per transaction. Deposits can be made to more than one student account on a single transaction.

* Alternative vegetarian entrée available upon advance request: Grilled Cheese Sandwich, Bagel w/Spread or Burrito

