

# Palomares Lunch Menu • March - April 2012

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

	Monday	Tuesday	Wednesday	Thursday	Friday
March	27 Pizza Cheese or Pepperoni	28 <i>Brunch</i> French Toast Sticks w/Turkey Sausage Links or Yogurt Parfait w/Graham Dippers	29 Fajita Chicken Wrap or Soft Taco Roll	1 Teriyaki Beef Dunkers Rice Bowl or Roasted Chicken w/Rice	2 Deli Sandwich Fresh Fruit & Baby Carrots Animal Crackers
	5 Pizza Cheese or Pepperoni	6 Dos Amigos Tacos w/Pinto Beans or Nachos	7 Chicken Nuggets or Hamburger Tater Tots	8 Orange Chicken Rice Bowl or Turkey Corn Dog	9 Deli Sandwich Fresh Fruit & Baby Carrots Pudding Cup
	12 Pizza Cheese or Pepperoni	13 <i>Brunch</i> Mini Pancakes w/Turkey Sausage Links or Yogurt Parfait w/Graham Dippers	14 Chicken Patty Sandwich or Bean & Cheese Burrito	15 Noodle Bowl w/Egg Roll & Fortune Cookie or Cheese Steak Sandwich	16 Deli Sandwich Fresh Fruit & Baby Carrots Simply Fruit Braid
	19 Pizza Cheese or Pepperoni	20 Beef Burrito Bowl or Ravioli w/Crunchy Breaksticks Pudding Cup	21 Soup & Sandwich Combo Sandwich Chicken Noodle Soup Cheez-it Scrabbles	22 Orange Chicken Rice Bowl or Beef Hot Dog	23 Deli Sandwich Fresh Fruit & Baby Carrots Animal Crackers
	26 Pizza Cheese or Pepperoni	27 <i>Brunch</i> French Toast Sticks w/Turkey Sausage Links or Yogurt Parfait w/Graham Dippers	28 Chicken Nuggets w/Country Roast Potatoes or Taco Pie	29 Teriyaki Beef Dunkers Rice Bowl or Bean & Cheese Burrito	30 Deli Sandwich Fresh Fruit & Baby Carrots Pudding Cup
	2 Pizza Cheese or Pepperoni	3 Dos Amigos Tacos w/Pinto Beans or Nachos	4 Pizza Quesadilla or Breaded Chicken w/Roasted Sweet Potatoes	5 Orange Chicken Rice Bowl or Turkey Corn Dog	6 Deli Sandwich Fresh Fruit & Baby Carrots Cheez-It Scrambles
	 <span style="font-size: 1.2em;">April 9 - 13</span> <span style="font-size: 1.2em;">Spring Break - No School</span> 				
April	16 Pizza Cheese or Pepperoni	17 Burrito Bowl or Chicken Patty Sandwich Fun Facts Smart Cookies	18 Soup & Sandwich Combo Sandwich Chicken Noodle Soup Cheez-it Scrabbles	19 Orange Chicken Rice Bowl or Beef Hot Dog	20 Deli Sandwich Fresh Fruit & Baby Carrots Simply Fruit Braid
	23 Pizza Cheese or Pepperoni	24 <i>Brunch</i> Mini Pancakes w/Turkey Sausage Links or Yogurt Parfait w/Graham Dippers	25 Pasta Beef Marinara w/Crispy Breadsticks or BBQ Chicken Flatbread	26 Noodle Bowl w/Egg Roll & Fortune Cookie or Grilled Ham & Cheese Pudding Cup	27 Deli Sandwich Fresh Fruit & Baby Carrots Animal Crackers

### \* Menu Item Notes

- BBQ Chicken Flatbread** - Chicken and mild BBQ sauce on a Whole-grain Flatbread
- Burrito Bowl** - Beef, Pinto Beans and Cheese on a bed of Spanish Rice
- Soup & Sandwich** - Chicken Noodle Soup with choice of Grilled Cheese or Grilled Ham and Cheese
- Noodle Bowl** - Vegetable Chow Mein with or without Chicken
- New Garden Bar Items** - Celery with Sunflower Butter and Vegetarian Hummus for dipping with fresh Veggies

\* In order to expedite and simplify the 2011-12 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. Computer access may also be available at the Alameda County Library located at 3600 Norbridge Ave 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.
  - Online 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

