

Sacramento City Unified School District

California Montessori Project

Beginning January 9th we will pilot a second choice daily on the following schedule.

Monday & Wednesdays=Grilled All Natural Bean Burrito

Tuesday & Thursdays= Grilled Cheese Sandwich

Fridays=Yogurt Meal with Cheese Stick, Cracker, & Fruit

In addition to the above changes you will see other vegetarian options that we will be testing with the students on Fridays.

Second meals are allowed as long as all students have had their first meal. Second meals will be charged at the full price of \$1.50.

Lunch Price Increase Effective January 9th, 2012

Lunch prices will increase by \$0.25 starting January 9th. Please be sure to prepay or send enough money with your student to cover the lunch price and to avoid charges to your student's account.

Recent federal regulations require all school districts in the nation to increase the lunch rate to meet an approved rate if they have not already done so. Because SCUSD was committed to keeping the price as low as possible for as long as possible we have not increased the lunch price in over 10 years.

The Nutrition Services Department remains committed to ensuring the menu offers variety, fresh and locally-sourced fruits and vegetables, nutritious food, and value at the new price of just \$ 1.50 per lunch. We invite your students to enhance their lunch with selections from our "Go Green, Eat Fresh Salad Bar" that is offered daily.



Mega Noodle Soup & 1/2 Grilled Cheese



Go Greener Eat Fresher in January

Our salad bars are stocked in January with fresh winter vegetables like broccoli, cauliflower, matchstick carrots, and celery. Many winter vegetables are available year round but taste best when "frost kissed" (that is, more sweet, less bitter and sharp).

Menus Subject To Change



Daily Breakfast Menu:

Choice of either the Hot Entree or Whole Grain Cereal, served with Fruit & Low Fat White Milk

January 2012

Daily Lunch Menu:

Choice of Entree or Vegetarian Yogurt Meal, Locally Grown Garden Salad Bar with Fresh Fruit Varieties & Low Fat Milk

Monday

Tuesday

Wednesday

Thursday

Friday

9

Beef Ravioli

10

Oven Roasted Chicken
Homestyle Baked Beans

11

*Whole Grain Cheese or
Pepperoni Pizza

12

Mega Noodle Soup
* 1/2 Grilled Cheese
Sandwich

13

Pork Sausage
Mini Pups

16

HOLIDAY

17

Kona Coast Teriyaki
Roasted Chicken
Steamed Rice

18

Jennie O
Turkey & Gravy
Homestyle Mash Potatoes

19

*Beef Hamburger
on a Whole Grain Bun
Potato Smiles

20

Housemade Artisan
French Bread
Cheese Pizza

23

Tangy Tangerine Chicken
Steamed White Rice

24

Tomatillo Chicken
Corn Tortilla
Homestyle Refried Beans

25

Chef's Choice

26

*Baked Chicken Sandwich
BBQ Sauce
Glad Corn

27

*Manwich "Beefy"
Sloppy Joe
Potato Smiles

30

Spaghetti
with Choice of
Marinara or Meat Sauce

31

* Crunchy Beef Taco
Mexican Rice

****Made with
Whole Grain***

**Price Increase Effective
Jan. 9th**

Breakfast \$1.00
Lunch \$1.50

real.fresh

