



Daily Breakfast Menu:

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

October 2011

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
3 Fresh Baked Trout Strips	4 All Natural Grilled Bean & Cheese Burrito Taco Sause	5 Whole Grain Cheese or Pepperoni Pizza	6 Chicken Noodle Soup with 1/2 Grilled Cheese Sandwich	7 Turkey & Cheese Sandwich Fritos Corn Chips
10 Kona Coast Teriyaki Roasted Chicken Steamed White Rice	11 Turkey Taco Ensalada Taco Sause	12 Chef's Choice	13 Mini Chicken Patties BBQ Sauce Oven Baked Fries	14 Brookwood Farm Southern BBQ Chicken Sandwich BBQ Sauce Baked Potato Rounds
17 Tangy Tangerine Chicken Steamed White Rice	18 Healthy Queso Nacho Dip Homestyle Refried Beans	19 Baked Chicken & Chili Filled Crisпитos Locally Grown Salsa	20 Oven Baked Chicken Sandwich BBQ Sauce Baked Potato Rounds	21 Oven Roasted Chicken Yukon Gold Mashed Potato with Gravy
24 Oriental Sweet & Sour Chicken Vegetable Fried Brown Rice	25 Beef Crunchy Taco Mexican Rice	26 Chef's Choice	27 Coleman All Natural Chicken Hot Dog Oven Baked Fries	28 Brookwood Farm Pit BBQ Pork Sandwich BBQ Sauce Homemade Baked Beans
31 Fresh Baked Trout Strips				



Sacramento City Unified School District

Quick & Easy On-Line Meal Application

Visit www.scusd.edu

Look for Link On the Home Page “ON-LINE MEAL APPLICATION”

All new school meal applications should be turned in by September 30. Your child's meal eligibility from last year was used for the month of September to allow families adequate time to turn in this year's application. All eligibilities from last year will expire on September 30. A new meal application is required annually.

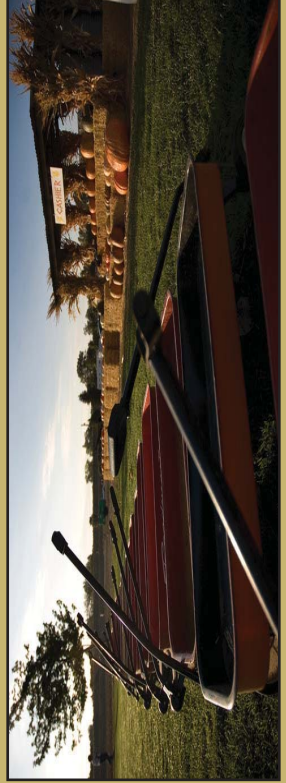
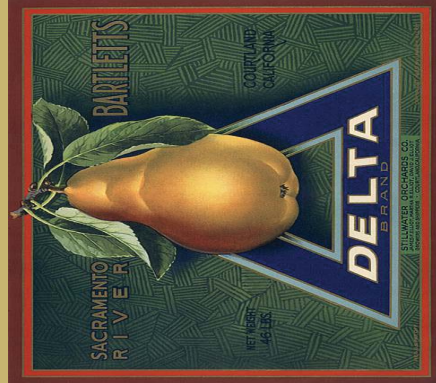
You may submit a new application throughout the year if your income changes to see if you qualify for free or reduced meals. Now, we are pleased to provide meal applications On-Line at www.scusd.edu. Go to “Spotlight On...” on the left side of the webpage. As always, paper applications are available at every school site or the nutrition services office.

October marks the first National Farm to School Month

October is National Farm to School Month, a time to celebrate the connections that are happening all over the country between schools and local food. Farm to School programs improve child nutrition while supporting local agriculture.

Whether you are food service professional, a farmer, a teacher or a food-loving family, there are plenty of ways to celebrate and get involved. Visit farmtoschoolmonth.org for ideas about how to celebrate and spread the word in your community.

NATIONAL FARM to SCHOOL MONTH



Made With Whole Grain



Pears From Our Own Backyard

SCUSD has partnered with David Elliot, Sr. & Jr. of Stillwater Orchards to offer students fresh, premium local pears. The prime Sacramento River side area, located just 22 miles south of Sacramento in Courtland, is known to produce some of the best pears in the world. They grow a vast array of pear varieties including Bartlett, Golden Bosc, Stark Crimson, Comice, French Butter as well as Mini Seckel Pears. Pear season in the Sacramento region is from July-November. We are featuring many of the varieties offered by Stillwater including the exciting Mini Seckel Pear in October. For more information on Stillwater Orchards please visit their website at www.stillwaterorchards.com

Join Our Team!

Looking for a part-time or on-call job that will allow for time with your family? Come join our team in a school cafeteria! To apply: Applications are online at www.scusd.edu Employment, Classified Positions, Food Service Assistant I.

Menus Subject To Change