



Lunch \$2.75
or \$0.40 reduced
Breakfast \$1.75
or \$0.30 reduced

April, May, June 2017

Menu Subject to Change without Notice

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

All meals include milk
and daily Salad Bar
* is a meatless entrée

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
Breakfast 4 Lunch: Pancakes with Turkey Sausage (Pan francés con salchicha de pavo) 	Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos) (Pizza at Monarch Grove)	Cheeseburger with Oven Fries (Hamburguesa con Queso y Papas) (Pizza at Hawthorne)	Sweet & Sour Meatballs with Rice & House Made Sauce (Carne Agridulce y Arroz) (Pizza at Sinsheimer & Del Mar)	Chicken Nuggets & Mashed Potatoes (Pollo con Papas) (Pizza at Pacheco)
Meatless Monday Monday, April 10 BRC Bowl with Tortilla Chips* (Beans, Rice & Cheese) (Frijoles con Arroz y Queso)	Taco Tuesday: Tuesday, April 11 Beef Tacos with Cilantro Lime Rice (Tacos de Carne de Res con Arroz) (Pizza at Bishop's Peak)	Wednesday, April 12 Chicken Sandwich with Tater Tots (Pollo y Papas) (Pizza at CL Smith)	HAPPY SPRING MENU: Thursday, April 13 House Made Chicken Chow Mein with Spring Roll & Spring Egg Cookie (Fideos de Pollo) (Pizza at Los Ranchos/Baywood)	Friday, April 14 Ham & Cheese Sandwich with Goldfish Crackers (Sandwich de Jamon y Queso con galletas) (Pizza at Teach)
SPRING BREAK - NO SCHOOL 				
Meatless Monday Monday, April 24 Cheese Quesadilla* (Quesadilla de Queso)	Tuesday, April 25 Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos) (Pizza at Monarch Grove)	Wednesday, April 26 Mini Corndogs with Veggies (Mini Perro Caliente de Maiz con Vegetales) (Pizza at Hawthorne)	Thursday, April 27 Local Grass-Fed Korean BBQ Beef Bowl with House Made Ginger-Sesame Soy Sauce, Rice & Local Veggies (fajón de fideos de carne) (Pizza at Sinsheimer & Del Mar)	Friday, April 28 Oven Fried Chicken with Seasonal Fruit Crisp (Pollo con Frutas) (Pizza at Pacheco)
Breakfast 4 Lunch: Monday, May 1 Pancakes with Turkey Sausage (Panqueque con salchicha de pavo) 	Tuesday, May 2 Taco Tuesday: Chicken Fajitas & Spanish Rice (Tacos de Fajitas de Pollo con Arroz) (Pizza at Bishop's Peak)	Wednesday, May 3 Cheeseburger with Oven Fries (Hamburguesa con Queso y Papas) (Pizza at CL Smith)	Thursday, May 4 House Made Mac & Cheese with Ham (Macarrones y Queso Con Jamón) (Pizza at Los Ranchos/Baywood)	Friday, May 5 CINCO DE MAYO Taco Pizza (Pan con Carne) Frozen Fruit Ice (Pizza at Teach)
Meatless Monday Monday, May 8 Bean & Cheese Burrito* (Burrito de Frijoles y Queso)	Tuesday, May 9 Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos) (Pizza at Monarch Grove)	Wednesday, May 10 Chicken Sandwich with Tater Tots (Pollo y Papas) (Pizza at Hawthorne)	Thursday, May 11 Chicken Alfredo Pasta with Local Broccoli (Alfredo de brócoli de pollo) (Pizza at Sinsheimer & Del Mar)	Friday, May 12 Chicken Nuggets & Mashed Potatoes (Pollo con Papas) (Pizza at Pacheco)
Monday Breakfast Fresh Fruit, Juice, Milk Bagel & Cream Cheese Or Cereal & String Cheese	Tuesday Breakfast Fresh Fruit, Juice, Milk Whole Grain Muffins Or Cereal & String Cheese	Wednesday Breakfast Fresh Fruit, Juice, Milk Breakfast Burrito Or Cereal & String Cheese	Thursday Breakfast Fresh Fruit, Juice, Milk Whole Grain Honey Bun Or Cereal & String Cheese	Friday Breakfast Fresh Fruit, Juice, Milk Cook's Choice Or Cereal & String Cheese

LOCAL FARM SPOTLIGHT:

Look for local grains from **Kandarian Organic Farm** in **Los Osos** on the Salad Bar in our new Upside Down Salads!



Follow Us On Instagram:



@SLCUSDFOOD

THANK YOU SLO COUNTY CATTLEWOMEN!

For your generous donation of local grass-fed beef for our school lunch menu on 4/27!






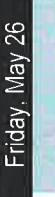

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Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
Meatless Monday BRC Bowl with Tortilla Chips* (Beans, Rice & Cheese) (Frijoles con arroz y queso)	Taco Tuesday: Beef Tacos with Cilantro Lime Rice (Tacos de Carne de Res con Arroz) (Pizza at Bishop's Peak)	Mini Corndogs with Veggies (Mini Perro Caliente de Maiz con Vegetales) (Pizza at CL Smith)	Spaghetti & Meatballs with House Made Sauce (Boloñesa de Espaguetis) (Pizza at Los Ranchos/ Baywood)	House Made BBQ Chicken Flatbread (Pan Pollo BBQ) (Pizza at Teach)
Monday, May 22 Meatless Monday Cheese Quesadilla* (Quesadilla de Queso)	Tuesday, May 23 Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos) (Pizza at Monarch Grove)	Wednesday, May 24 Cheeseburger with Oven Fries (Hamburguesa con Queso y Papas) (Pizza at Hawthorne)	Thursday, May 25  Chicken Noodle Bowl with House Made Honey Garlic Soy Sauce & Local Veggies (Tazón de Fideos de Pollo) (Pizza at Sinsheimer & Del Mar)	Friday, May 26  Oven Fried Chicken with Corn (Pollo con Maiz) (Pizza at Pacheco)
Monday, May 29 NO SCHOOL Memorial Day	Tuesday, May 30 Taco Tuesday: Chicken Fajitas & Spanish Rice (Tacos de Fajitas de Pollo con Arroz) (Pizza at Bishop's Peak)	Wednesday, May 31 Chicken Sandwich with Tater Tots (Pollo y Papas) (Pizza at CL Smith)	Thursday, June 1 Chicken Nuggets & Mashed Potatoes (Pollo con Papas) (Pizza at Los Ranchos/ Baywood)	Friday, June 2 House Made Hawaiian Flatbread (Pan plano de Hawaiano) (Pizza at Teach)
Monday, June 5 Meatless Monday Bean & Cheese Burrito* (Burrito de Frijoles y Queso)	Tuesday, June 6 Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos) (Pizza at Monarch Grove)	Wednesday, June 7 Mini Corndogs with Veggies (Mini Perro Caliente de Maiz con Vegetales) (Pizza at Hawthorne)	Thursday, June 8 LAST DAY OF SCHOOL! Turkey & Cheese Sandwich with Goldfish Crackers (Sándwich de Pavo y Queso con galletas)	Friday, June 9 
Monday Breakfast Fresh Fruit, Juice, Milk Bagel & Cream Cheese Or Cereal & String Cheese	Tuesday Breakfast Fresh Fruit, Juice, Milk Whole Grain Muffins Or Cereal & String Cheese	Wednesday Breakfast Fresh Fruit, Juice, Milk Breakfast Burrito Or Cereal & String Cheese	Thursday Breakfast Fresh Fruit, Juice, Milk Whole Grain Honey Bun Or Cereal & String Cheese	Friday Breakfast Fresh Fruit, Juice, Milk Cook's Choice Or Cereal & String Cheese

Harvest of the Month

Network for a Healthy California



CARROTS

BERRIES

Berry Delicious

There are many kinds of berries. They taste great fresh, frozen, canned, and dried. And, they can be eaten with breakfast, lunch, and dinner, or as snacks and for dessert! Find these varieties and forms of berries in the word search puzzle. Then, write down all the different ways you like to eat berries.

BLACKBERRY
BLUEBERRY
CANNED
CRANBERRY

FRESH
FROZEN
FRUIT
JUICE

KIWI
RASPBERRY
RED CURRANT
STRAWBERRY



Home Grown Facts

- California ranks first nationally in the production of carrots.
- Carrots rank among California's top 25 agricultural exports and top three among vegetables.
- Baby-cut peeled carrots account for more than 35% of California's carrot production and 70% of the total acreage.
- Holtville, California is known as the "Carrot Capital of the World."
- Kern County is the state's largest producer of carrots with 75% of the state's acreage.
- There are four main carrot-producing regions in California: Southern San Joaquin Valley/Cuyama Valley, Southern Desert, Central Coast, and High Desert.



Source: www.fsa.usda.gov/cal

S	R	A	W	B	E	R	R	E	Z	A	I	E	S	R	Y	A	R
C	B	F	L	A	S	P	E	I	B	E	R	R	Y	U	D	H	Q
C	R	E	D	C	U	R	R	A	N	T							
T	F	L	U	N	Q	C	A	F	Y	O	H	D					
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R	E	S	R	A	Y	K	Q	J	U	I	C						
A	H	R	A	Y	K	Q	J	U	I	C	E						