

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pancake with Pork Sausage Chicken Drumstick with Hawaiian Roll	2 Turkey Sausage Breakfast Pizza Bean and Cheese Burrito	3 Crispito French Bread Cheese Pizza	4 Smoothie and Hard Boiled Egg Millers All-Natural Beef Hot Dog with Vegetarian Baked Beans	5 Eggstravaganza w/Turkey Bacon Crispy Chicken Sandwich on a Whole Grain Bun
8 Turkey Sausage Breakfast Square Tyson Chicken Tenders with Mashed Potatoes and Gravy	9 Chicken Sausage Breakfast Slider on Hawaiian Bun TACO TUESDAY Crunchy Taco with Refried Beans & Tortilla Chips	10 Crispito Wild Mike's Pepperoni or Cheese Pizza	11 Cheese Toast Cheeseburger with Tater Tots	12 Yogurt Parfait w/ Berries & Granola Mandarin Orange Chicken with Hawaiian Brown Rice
15 Pancake with Pork Sausage Chicken Drumstick with Hawaiian Roll	16 Turkey Sausage Breakfast Pizza Bean and Cheese Burrito	17 Crispito French Bread Cheese Pizza	18 Smoothie and Hard Boiled Egg Millers All-Natural Beef Hot Dog with Vegetarian Baked Beans	19 Eggstravaganza w/Turkey Bacon Crispy Chicken Sandwich on a Whole Grain Bun

FARM to SCHOOL

SCARLET AND CRIMSON GRAPES

FROM THE GRAPE GUYS IN CUTLER CALIFORNIA

This month we are offering scarlet and crimson grapes, hand picked and packed in the fields of the Central Valley.

A sweet, colorful red seedless grape called "Sweet Scarlet" has a surprise inside: The crisp flesh of this new grape has a light, pleasant, muscat flavor, an unusual treat that gives this grape a different taste than most red seedless varieties. This relatively new grape also has another distinctive feature: its attractive, raspberry-red skin is a brighter color than that of other midseason, fresh red grapes.



Nutrition Services is on a mission to continually improve the quality, taste and presentation of our school meals and we need your help.

We have 3-hour lunch positions available now! To apply to go www.scusd.edu/employment or call Rebecca at 916-277-6202.

K-8 MEAL PRICES

BREAKFAST: NO CHARGE* LUNCH: \$2.75

*FOR ALL SCUSD STUDENTS. CHARTER SCHOOLS' FOOD PROGRAMS VARY; CHECK WITH SCHOOL OFFICE.

AVAILABLE DAILY FOR BREAKFAST:

Listed entrée or General Mills whole grain cereal with side (when available) and a variety of fresh and canned fruit, graham crackers, and fat-free or low-fat milk or Lactaid.

AVAILABLE DAILY FOR LUNCH:

Listed entrée or Sunbutter Sandwich Meal with Colby Cheese Stick and Whole Grain Goldfish. All entrees come with an unlimited salad bar full of locally-sourced fruits and vegetables, and choice of low-fat or fat free milk, or Lactaid.

Did you know?

- * Grapes are a type of berry!
- * There are more than 8,000 kinds of grapes!

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22 Turkey Sausage Breakfast Square Tyson Chicken Tenders with Mashed Potatoes and Gravy	23 Chicken Sausage Breakfast Slider on Hawaiian Bun TACO TUESDAY Crunchy Beef Taco with Refried Beans & Tortilla Chips	24 Crispito Wild Mike's Pepperoni or Cheese Pizza	25 Cheese Toast Cheeseburger with Tater Tots	26 Yogurt Parfait w/ Berries & Granola Mandarin Orange Chicken with Hawaiian Brown Rice
29 Pancake with Pork Sausage Chicken Drumstick with Hawaiian Roll	30 Turkey Sausage Breakfast Pizza Bean and Cheese Burrito	31 Crispito French Bread Pizza		



Nutrition Services (916) 277-6716
 This Institution is an equal opportunity provider. Menus subject to change.