



**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
<b>Breakfast 4 Lunch:</b> Pancakes with Turkey Sausage (Pan francés con salchicha de pavo) 	Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos)  <b>(Pizza at Monarch Grove)</b>	Cheeseburger with Oven Fries (Hamburguesa con Queso y Papas)  <b>(Pizza at Hawthorne)</b>	 Sweet & Sour Meatballs with Rice & House Made Sauce (Carne Agridulce y Arroz)  <b>(Pizza at Sinsheimer &amp; Del Mar)</b>	<b>PICNIC LUNCH:</b> Chicken Nuggets & Mashed Potatoes (Pollo con Papas)  <b>(Pizza at Pacheco)</b>
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
<b>Meatless Monday</b> BRC Bowl with Tortilla Chips* (Beans, Rice & Cheese) (Frijoles con Arroz y Queso)	<b>Taco Tuesday:</b> Beef Tacos with Cilantro Lime Rice (Tacos de Carne de Res con Arroz)  <b>(Pizza at Bishop's Peak)</b>	Chicken Sandwich with Tater Tots (Pollo y Papas)  <b>(Pizza at CL Smith)</b>	<b>HAPPY SPRING MENU:</b> House Made Chicken Chow Mein with Spring Roll & Spring Egg Cookie (Fideos de Pollo)  <b>(Pizza at Los Ranchos/Baywood)</b>	<b>PICNIC LUNCH:</b> Ham & Cheese Sandwich with Goldfish Crackers (Sándwich de Jamon y Queso con galletas)  <b>(Pizza at Teach)</b>
Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
<b>Meatless Monday</b> Cheese Quesadilla* (Quesadilla de Queso)	Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos)  <b>(Pizza at Monarch Grove)</b>	Mini Corndogs with Veggies (Mini Perro Caliente de Maiz con Vegetales)  <b>(Pizza at Hawthorne)</b>	 Local Grass-Fed Korean BBQ Beef Bowl with House Made Ginger-Sesame Soy Sauce, Rice & Local Veggies (tazón de fideos de carne)  <b>(Pizza at Sinsheimer &amp; Del Mar)</b>	<b>PICNIC LUNCH:</b> Oven Fried Chicken with Seasonal Fruit Crisp (Pollo con Frutas)  <b>(Pizza at Pacheco)</b>
Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
<b>Breakfast 4 Lunch:</b> Pancakes with Turkey Sausage (Panqueque con salchicha de pavo) 	<b>Taco Tuesday:</b> Chicken Fajitas & Spanish Rice (Tacos de Fajitas de Pollo con Arroz)  <b>(Pizza at Bishop's Peak)</b>	Cheeseburger with Oven Fries (Hamburguesa con Queso y Papas)  <b>(Pizza at CL Smith)</b>	House Made Mac & Cheese with Ham (Macarrones y Queso Con Jamón)  <b>(Pizza at Los Ranchos/Baywood)</b>	<b>CINCO DE MAYO</b> Taco Pizza (Pan con Carne) Frozen Fruit Ice <b>(Pizza at Teach)</b>  <b>SCHOOL LUNCH HERO DAY</b>
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
<b>Meatless Monday</b> Bean & Cheese Burrito* (Burrito de Frijoles y Queso)	Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos)  <b>(Pizza at Monarch Grove)</b>	Chicken Sandwich with Tater Tots (Pollo y Papas)  <b>(Pizza at Hawthorne)</b>	 Chicken Alfredo Pasta with Local Broccoli (Alfredo de brócoli de pollo)  <b>(Pizza at Sinsheimer &amp; Del Mar)</b>	<b>PICNIC LUNCH:</b> Chicken Nuggets & Mashed Potatoes (Pollo con Papas)  <b>(Pizza at Pacheco)</b>
<b>Monday Breakfast</b> Fresh Fruit, Juice, Milk Bagel & Cream Cheese Or Cereal & String Cheese	<b>Tuesday Breakfast</b> Fresh Fruit, Juice, Milk Whole Grain Muffins Or Cereal & String Cheese	<b>Wednesday Breakfast</b> Fresh Fruit, Juice, Milk Breakfast Burrito Or Cereal & String Cheese	<b>Thursday Breakfast</b> Fresh Fruit, Juice, Milk Whole Grain Honey Bun Or Cereal & String Cheese	<b>Friday Breakfast</b> 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
<b>Meatless Monday</b> BRC Bowl with Tortilla Chips* (Beans, Rice & Cheese) <i>(Frijoles con arroz y queso)</i>	<b>Taco Tuesday:</b> Beef Tacos with Cilantro Lime Rice <i>(Tacos de Carne de Res con Arroz)</i> <b>(Pizza at Bishop's Peak)</b>	Mini Corndogs with Veggies <i>(Mini Perro Caliente de Maiz con Vegetales)</i> <b>(Pizza at CL Smith)</b>	Spaghetti & Meatballs with House Made Sauce <i>(Boloñesa de Espaguetis)</i> <b>(Pizza at Los Ranchos/ Baywood)</b>	House Made BBQ Chicken Flatbread <i>(Pan Pollo BBQ)</i> <b>(Pizza at Teach)</b>
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
<b>Meatless Monday</b> Cheese Quesadilla* <i>(Quesadilla de Queso)</i>	Beef, Bean and Cheese Nachos <i>(Carne de Res, Frijoles y Queso Nachos)</i> <b>(Pizza at Monarch Grove)</b>	Cheeseburger with Oven Fries <i>(Hamburguesa con Queso y Papas)</i> <b>(Pizza at Hawthorne)</b>	 Chicken Noodle Bowl with House Made Honey Garlic Soy Sauce & Local Veggies <i>(Tazón de Fideos de Pollo)</i> <b>(Pizza at Sinsheimer &amp; Del Mar)</b>	<b>PICNIC LUNCH:</b> Oven Fried Chicken with Corn <i>(Pollo con Maiz)</i> <b>(Pizza at Pacheco)</b>
Monday, May 29	Tuesday, May 30	Wednesday, May 31	Thursday, June 1	Friday, June 2
<b>NO SCHOOL</b> <i>Memorial Day</i> 	<b>Taco Tuesday:</b> Chicken Fajitas & Spanish Rice <i>(Tacos de Fajitas de Pollo con Arroz)</i> <b>(Pizza at Bishop's Peak)</b>	Chicken Sandwich with Tater Tots <i>(Pollo y Papas)</i> <b>(Pizza at CL Smith)</b>	Chicken Nuggets & Mashed Potatoes <i>(Pollo con Papas)</i> <b>(Pizza at Los Ranchos/ Baywood)</b>	House Made Hawaiian Flatbread <i>(Pan plano de Hawaiano)</i> <b>(Pizza at Teach)</b>
Monday, June 5	Tuesday, June 6	Wednesday, June 7	Thursday, June 8	Friday, June 9
<b>Meatless Monday</b> Bean & Cheese Burrito* <i>(Burrito de Frijoles y Queso)</i>	Beef, Bean and Cheese Nachos <i>(Carne de Res, Frijoles y Queso Nachos)</i> <b>(Pizza at Monarch Grove)</b>	Mini Corndogs with Veggies <i>(Mini Perro Caliente de Maiz con Vegetales)</i> <b>(Pizza at Hawthorne)</b>	<b>LAST DAY OF SCHOOL:</b> Turkey & Cheese Sandwich with Goldfish Crackers <i>(Sándwich de Pavo y Queso con galletas)</i>	 <i>Have an awesome Summer!</i>
<b>Monday Breakfast</b> Fresh Fruit, Juice, Milk Bagel & Cream Cheese Or Cereal & String Cheese	<b>Tuesday Breakfast</b> Fresh Fruit, Juice, Milk Whole Grain Muffins Or Cereal & String Cheese	<b>Wednesday Breakfast</b> Fresh Fruit, Juice, Milk Breakfast Burrito Or Cereal & String Cheese	<b>Thursday Breakfast</b> Fresh Fruit, Juice, Milk Whole Grain Honey Bun Or Cereal & String Cheese	<b>Friday Breakfast</b> 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 | FRESH  | KIWI        |
| BLUEBERRY  | FROZEN | RASPBERRY   |
| CANNED     | FRUIT  | RED CURRANT |
| CRANBERRY  | JUICE  | 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](http://www.fsa.usda.gov/cal)



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