



Lunch \$3.00
or \$0.40 reduced
Breakfast \$2.00
or \$0.30 reduced

August, September, October

Elementary Lunch Menu

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, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
<p>WELCOME BACK! Back to School BBQ Burger Bar on Local Bun with toppings on Salad Bar (Hamburguesa)</p>	<p>Bean & Cheese Burrito* (Burrito de Frijoles y Queso)</p> <p>Frozen Fruit Ice </p> <p>(Pizza at Monarch Grove)</p>	<p>Spaghetti Meatball Marinara with Local Breadstick (Espaguetis con Albóndigas)</p> <p>(Pizza at Hawthorne)</p>	<p>CALIFORNIA THURSDAYS</p> <p>Lemongrass Chicken with Rice and Local Veggies (Pollo a la hierba limón con arroz y vegetales)</p> <p>(Pizza at Sinsheimer & Del Mar)</p>	<p>Cheese Filled Breadsticks* with Marinara Dipping Sauce (Pan con Queso)</p> <p>(Pizza at Pacheco)</p>
Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	Friday, September 1
<p>Mini Corndogs with Veggies (Mini Perro Caliente de Maiz con Vegetales)</p>	<p>Taco Tuesday:</p> <p>Beef Tacos with Cilantro Lime Rice (Tacos de Carne de Res con Arroz)</p> <p>(Pizza at Bishop's Peak)</p>	<p>House Made Mac & Cheese* (Macarrones con Queso)</p> <p>(Pizza at CL Smith)</p>	<p>CALIFORNIA THURSDAYS</p> <p>Chicken Noodle Bowl with Honey Garlic Soy Sauce & Local Veggies (Tazón de Fideos de Pollo)</p> <p>(Pizza at Los Ranchos/Baywood)</p>	<p>Ham & Cheese Sandwich with Goldfish Crackers (Sándwich de Jamon y Queso con Galletas)</p> <p>(Pizza at Teach)</p>
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
<p>NO SCHOOL</p>	<p>Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos)</p> <p>(Pizza at Monarch Grove)</p>	<p>Chicken Alfredo with Local Breadstick (Alfredo de pollo)</p> <p>(Pizza at Hawthorne)</p>	<p>CALIFORNIA THURSDAYS</p> <p>Sweet & Sour Meatballs with Lo Mein Noodles (Carne Agridulce y Arroz)</p> <p>(Pizza at Sinsheimer & Del Mar)</p>	<p>House Made Hawaiian Pizza (Pizza de Hawaiana)</p> <p>(Pizza at Pacheco)</p>
Monday, September 11	Tuesday, September 12	Wednesday, Sept. 13	Thursday, September 14	Friday, September 15
<p>Cheeseburger on Local Bun with Oven Fries (Hamburguesa y Papas)</p>	<p>Chicken Tamale with Beans (Tamal de pollo)</p> <p>(Pizza at Bishop's Peak)</p>	<p>Chicken Pot Pie with Biscuit (Pastel Pollo y Bollos)</p> <p>(Pizza at CL Smith)</p>	<p>CALIFORNIA THURSDAYS</p> <p>Teriyaki Beef Bowl with Rice & Local Veggies (Plato de carne de res teriyaki)</p> <p>(Pizza at Los Ranchos/Baywood)</p>	<p>Breakfast 4 Lunch:</p> <p>Pancakes with Turkey Sausage (Panqueque con salchicha de pavo)</p> <p>(Pizza at Teach)</p>
Monday, September 18	Tuesday, September 19	Wednesday, Sept. 20	Thursday, September 21	Friday, September 22
<p>BBQ Pulled Chicken Sandwich on Local Bun (Sandwich de Pollo Barbacoa)</p> <p>WARM APPLE CRISP</p>	<p>Chicken, Bean and Cheese Tostada (Tostada de Pollo, Frijoles y Queso)</p> <p>(Pizza at Monarch Grove)</p>	<p>Stir-fry with Veggies and Noodles with Spring Roll* (Salteado de fideos con Vegetales)</p> <p>(Pizza at Hawthorne)</p>	<p>CALIFORNIA THURSDAYS</p> <p>Carnitas Burrito Bowl with Cilantro-Lime Local Grains, Beans and Corn (Carnitas burrito tazón)</p> <p>(Pizza at Sinsheimer & Del Mar)</p>	<p>House Made Taco Pizza (Pan con Carne y Queso)</p> <p>(Pizza at Pacheco)</p>
Monday, September 25	Tuesday, September 26	Wednesday, Sept. 27	Thursday, September 28	Friday, September 29
<p>Whole Muscle Chicken Sandwich on Local Bun (Sándwich de Pollo)</p>	<p>Bean & Cheese Burrito* (Burrito de Frijoles y Queso)</p> <p>(Pizza at Bishop's Peak)</p>	<p>Spaghetti Meatball Marinara with Local Breadstick (Espaguetis con Albóndigas)</p> <p>(Pizza at CL Smith)</p>	<p>CALIFORNIA THURSDAYS</p> <p>Lemongrass Chicken with Rice and Local Veggies (Pollo a la hierba limón con arroz y vegetales)</p> <p>(Pizza at Los Ranchos/Baywood)</p>	<p>Cheeseburger on Local Bun with Oven Fries (Hamburguesa y Papas)</p> <p>(Pizza at Teach)</p>
<p>Monday Breakfast Fresh Fruit, Juice, Milk Bagel & Cream Cheese Or Whole Grain Cereal</p>	<p>Tuesday Breakfast Fresh Fruit, Juice, Milk Yogurt & Grahams Or Whole Grain Cereal</p>	<p>Wednesday Breakfast Fresh Fruit, Juice, Milk Breakfast Burrito Or Whole Grain Cereal</p>	<p>Thursday Breakfast Fresh Fruit, Juice, Milk Whole Grain Breakfast Pastry Or Whole Grain Cereal</p>	<p>Friday Breakfast Fresh Fruit, Juice, Milk Fresh Local Muffins Or Whole Grain Cereal</p>

Free and Reduced Meal Applications:

EACH FAMILY MUST SUBMIT A NEW APPLICATION FOR FREE/REDUCED PRICED MEALS AND TURN IN TO THE FOOD SERVICE OFFICE BY **OCTOBER 6**.

For a copy of the meal application, please visit the Food Service Page on the District Website (slcusd.org) OR obtain a copy from your school office.

PAYMENTS FOR LUNCH CAN BE MADE BY CHECK TO YOUR SCHOOL OR ONLINE AT EZSCHOOLPAY.COM

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Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
Mini Corndogs with Veggies <i>(Mini Perro Caliente de Maiz con Vegetales)</i>	Taco Tuesday: Chicken Fajitas with Spanish Rice <i>(Tacos de Pollo con Arroz)</i> (Pizza at Monarch Grove)	House Made Mac & Cheese* <i>(Macarrones con Queso)</i> (Pizza at Hawthorne)	 Local Grass-Fed Beef Burger Bar on Local Bun with Toppings on Salad Bar <i>(Hamburguesa)</i> (Pizza at Sinsheimer & Del Mar)	Ham & Cheese Sandwich with Goldfish Crackers <i>(Sándwich de Jamon y Queso con galletas)</i> (Pizza at Pacheco)
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
National School Lunch Week October 9-13				
Chicken Tenders with Mashed Potatoes <i>(Pollo con Papas)</i>	Beef, Bean and Cheese Nachos <i>(Carne de Res, Frijoles y Queso Nachos)</i> (Pizza at Bishop's Peak)	Chicken Alfredo with Local Breadstick <i>(Alfredo de pollo)</i> (Pizza at CL Smith)	 Sweet & Sour Meatballs with Lo Mein Noodles <i>(Carne Agridulce y Arroz)</i> (Pizza at Los Ranchos/Baywood)	House Made BBQ Chicken Pizza <i>(Pizza de Pollo)</i> Frozen Fruit Ice (Pizza at Teach)
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
All Beef Hot Dog on Local Bun with Baked Beans <i>(Perros Calientes y Frijoles)</i>	Chicken Tamale with Beans <i>(Tamal de pollo)</i> (Pizza at Monarch Grove)	Chicken Pot Pie with Biscuit <i>(Pastel Pollo y Bollos)</i> (Pizza at Hawthorne)	 Teriyaki Beef Bowl with Rice & Local Veggies <i>(Plato de carne de res teriyaki)</i> (Pizza at Sinsheimer & Del Mar)	Breakfast 4 Lunch: Pancakes with Turkey Sausage <i>(Panqueque con salchicha de pavo)</i> (Pizza at Pacheco)
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
BBQ Pulled Chicken Sandwich on Local Bun <i>(sandwich de pollo barbacoa)</i>	Chicken, Bean and Cheese Tostada <i>(tostada de pollo, frijoles y queso)</i> (Pizza at Bishop's Peak)	Stir-fry with Veggies and Noodles with Spring Roll* <i>(Salteado de fideos con vegetales)</i> (Pizza at CL Smith)	 Carnitas Burrito Bowl with Cilantro-Lime Local Grains, Beans and Corn <i>(Carnitas burrito tazón)</i> (Pizza at Los Ranchos/Baywood)	House Made Hawaiian Pizza <i>(Pizza de Hawaiana)</i> (Pizza at Teach)
Monday, October 30	Tuesday, October 31	 National School Lunch Week October 9-13, 2017 #NSLW17 #schoollunch #recipesforsuccess		
Whole Muscle Chicken Sandwich on Local Bun <i>(Sándwich de Pollo)</i>	HAPPY HALLOWEEN! Witches' Brew Chili with Cornbread <i>(Chili y pan de maíz)</i> HALLOWEEN COOKIE (Pizza at Monarch Grove)			
Monday Breakfast Fresh Fruit, Juice, Milk Bagel & Cream Cheese Or Whole Grain Cereal	Tuesday Breakfast Fresh Fruit, Juice, Milk Yogurt & Grahams Or Whole Grain Cereal	Wednesday Breakfast Fresh Fruit, Juice, Milk Breakfast Burrito Or Whole Grain Cereal	Thursday Breakfast Fresh Fruit, Juice, Milk Whole Grain Breakfast Pastry Or Whole Grain Cereal	Friday Breakfast Fresh Fruit, Juice, Milk Fresh Local Muffins Or Whole Grain Cereal

LOCAL FARM SPOTLIGHT:

Look for **local melon** from **Robin Song Farm** in Templeton AND **local tomatoes** from **SLO VEG and The Berry Man** both in San Luis Obispo on the Salad Bar Wednesdays this Fall!



Meal Charge Policy:

Forget your meal money? Don't worry!

Elementary students are allowed to charge up to \$25 on their meal accounts. We send reminders home to refill negative meal accounts weekly. An alternate meal of fruit, vegetables and milk will be offered if students exceed the \$25 charge limit. We will never turn a student away from receiving a meal. Please contact your school site or the Food Service Office if you need to work out a payment plan or if you need a meal application.