

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

February-March 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

		Wednesday, February 1	Thursday, February 2	Friday, February 3
 <p>Harvest of the Month: Local Citrus <i>Oranges, Mandarins & Grapefruit</i> Look for on the salad bar!</p>		Cheeseburger with Oven Fries (Hamburguesa con Queso y Papas) (Pizza at CL Smith)	House Made Sweet & Sour Chicken Bowl (Pollo agridulce) (Pizza at Los Ranchos/ Baywood)	House Made BBQ Chicken Flatbread (Pan Pollo BBQ) (Pizza at Teach)
	<p>Monday, February 6 Meatless Monday</p> <p>Bean and Cheese Burrito* (Burrito de Frijoles y Queso)</p>	<p>Tuesday, February 7</p> <p>Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos) (Pizza at Monarch Grove)</p>	<p>Wednesday, February 8</p> <p>Chicken Sandwich with Tater Tots (Pollo y Papas) (Pizza at Hawthorne)</p>	<p>Thursday, February 9</p> <p> House Made Alfredo Pasta with Local Broccoli & Breadstick (Pasta alfredo con pan) (Pizza at Sinsheimer & Del Mar)</p>
<p>Monday, February 13</p> <p>NO SCHOOL Lincoln's Birthday </p>	<p>Tuesday, February 14</p> <p>Taco Tuesday: Beef Tacos with Cilantro Lime Rice (Tacos de Carne de Res con Arroz) Valentine's Day Cookie (Pizza at Bishop's Peak)</p>	<p>Wednesday, February 15</p> <p>Mini Corndogs with Veggies (Mini Perro Caliente de Maiz con Vegetales) (Pizza at CL Smith)</p>	<p>Thursday, February 16</p> <p>Popcorn Chicken with Sweet Potato Tots (Pollo con patata dulce) (Pizza at Los Ranchos/ Baywood)</p>	<p>Friday, February 17</p> <p>House Made Pepperoni Flatbread (Pan Plano de Pepperoni) (Pizza at Teach)</p>
<p>Monday, February 20</p> <p>NO SCHOOL President's Day </p>	<p>Tuesday, February 21</p> <p>Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos) (Pizza at Monarch Grove)</p>	<p>Wednesday, February 22</p> <p>Hamburger with Oven Fries (Hamburguesa con Papas) (Pizza at Hawthorne)</p>	<p>Thursday, February 23</p> <p> Beef Noodle Bowl with House Made Honey Garlic Soy Sauce & Local Veggies (tazón de fideos de carne) (Pizza at Sinsheimer & Del Mar)</p>	<p>Friday, February 24</p> <p>Cheese filled Breadstick with Marinara Dipping Sauce* (Pan con Queso) (Pizza at Pacheco)</p>
<p>Monday, February 27</p> <p>Meatless Monday</p> <p>Bean & Cheese Burrito* (Burrito de Frijoles y Queso)</p>	<p>Tuesday, February 28</p> <p>Taco Tuesday: Chicken Fajitas & Spanish Rice (Tacos de Fajitas de Pollo con Arroz) (Pizza at Bishop's Peak)</p>	<p>Wednesday, March 1</p> <p>Chicken Sandwich with Tater Tots (Pollo y Papas) (Pizza at CL Smith)</p>	<p>Thursday, March 2</p> <p>Orange Chicken with House Made Fried Rice (Pollo naranja con arroz frito) (Pizza at Los Ranchos/ Baywood)</p>	<p>Friday, March 3</p> <p>House Made BBQ Chicken Flatbread (Pan Pollo BBQ) (Pizza at Teach)</p>
<p>Monday, March 6</p> <p>Breakfast 4 Lunch:</p> <p>Pancakes with Turkey Sausage (Panqueque con salchicha de pavo)</p>	<p>Tuesday, March 7</p> <p>Beef, Bean and Cheese Nachos (Carne de Res, Frijoles y Queso Nachos) (Pizza at Monarch Grove)</p>	<p>Wednesday, March 8</p> <p>Mini Corndogs with Veggies (Mini Perro Caliente de Maiz con Vegetales) (Pizza at Hawthorne)</p>	<p>Thursday, March 9</p> <p> House Made Mac & Cheese with Ham (Macarrones y Queso Con Jamón) (Pizza at Sinsheimer & Del Mar)</p>	<p>Friday, March 10</p> <p>Cheese Quesadilla* (Quesadilla de Queso) (Pizza at Pacheco)</p>
NATIONAL SCHOOL BREAKFAST WEEK				
<p>Monday Breakfast Fresh Fruit, Juice, Milk Bagel & Cream Cheese Or Cereal & String Cheese</p>	<p>Tuesday Breakfast Fresh Fruit, Juice, Milk Whole Grain Muffins Or Cereal & String Cheese</p>	<p>Wednesday Breakfast Fresh Fruit, Juice, Milk Breakfast Burrito Or Cereal & String Cheese</p>	<p>Thursday Breakfast Fresh Fruit, Juice, Milk Whole Grain Pan Dulce Or Cereal & String Cheese</p>	<p>Friday Breakfast Fresh Fruit, Juice, Milk Cook's Choice Or Cereal & String Cheese</p>



NATIONAL SCHOOL BREAKFAST WEEK



March 6th-10th



Celebrate with us on Wednesday, March 8th with a **WAFFLE BAR BREAKFAST!!!**

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<p>Monday, March 13</p> <p>Meatless Monday</p> <p>BRC Bowl with Tortilla Chips* (Beans, Rice & Cheese) <i>(Frijoles con arroz y queso)</i></p>	<p>Tuesday, March 14</p> <p>Taco Tuesday:</p> <p>Steak Street Tacos & House Made Salsa <i>(Tacos de bistec)</i></p> <p>(Pizza at Bishop's Peak)</p>	<p>Wednesday, March 15</p> <p>Cheeseburger with Oven Fries <i>(Hamburguesa con Queso y Papas)</i></p> <p>(Pizza at CL Smith)</p>	<p>Thursday, March 16</p> <p>Spaghetti & Meatballs with House Made Sauce <i>(Boloñesa de Espaguetis)</i></p> <p>(Pizza at Los Ranchos/Baywood)</p>	<p>Friday, March 17</p> <p>House Made Hawaiian Flatbread <i>(Pan plano hawaiano)</i></p> <p>RAINBOW SALAD BAR</p> <p>(Pizza at Teach)</p>
<p>Monday, March 20</p> <p>Meatless Monday</p> <p>Cheese filled Breadstick with Marinara Dipping Sauce* <i>(Pan con Queso)</i></p>	<p>Tuesday, March 21</p> <p>Beef, Bean and Cheese Nachos <i>(Carne de Res, Frijoles y Queso Nachos)</i></p> <p>(Pizza at Monarch Grove)</p>	<p>Wednesday, March 22</p> <p>Chicken Sandwich with Tater Tots <i>(Pollo y Papas)</i></p> <p>(Pizza at Hawthorne)</p>	<p>Thursday, March 23</p> <p>CALIFORNIA THURSDAYS</p> <p>Chicken Noodle Bowl with House Made Honey Garlic Soy Sauce & Local Veggies <i>(Tazón de Fideos de Pollo)</i></p> <p>(Pizza at Sinsheimer & Del Mar)</p>	<p>Friday, March 24</p> <p>Breakfast 4 Lunch:</p> <p>French Toast Sticks with Turkey Sausage <i>(Pan francés con salchicha de pavo)</i></p> <p>(Pizza at Pacheco)</p>
<p>Monday, March 27</p> <p>Meatless Monday</p> <p>House Made Cheese Pizza* <i>(Pizza de Queso)</i></p>	<p>Tuesday, March 28</p> <p>Taco Tuesday:</p> <p>Beef Taco Sticks <i>(Tacos de Carne)</i></p> <p>(Pizza at Bishop's Peak)</p>	<p>Wednesday, March 29</p> <p>Mini Corndogs with Veggies <i>(Mini Perro Caliente de Maiz con Vegetales)</i></p> <p>(Pizza at CL Smith)</p>	<p>Thursday, March 30</p> <p>Picnic Lunch:</p> <p>Turkey & Cheese Sandwich with Goldfish Crackers <i>(Sándwich de Pavo y Queso con galletas)</i></p> <p>(Pizza at Los Ranchos/Baywood)</p>	<p>Friday, March 31</p> <p>House Made BBQ Chicken Flatbread <i>(Pan Pollo BBQ)</i></p> <p>(Pizza at Teach)</p>
<p>Monday Breakfast</p> <p>Fresh Fruit, Juice, Milk Bagel & Cream Cheese Or Cereal & String Cheese</p>	<p>Tuesday Breakfast</p> <p>Fresh Fruit, Juice, Milk Whole Grain Muffins Or Cereal & String Cheese</p>	<p>Wednesday Breakfast</p> <p>Fresh Fruit, Juice, Milk Breakfast Burrito Or Cereal & String Cheese</p>	<p>Thursday Breakfast</p> <p>Fresh Fruit, Juice, Milk Whole Grain Pan Dulce Or Cereal & String Cheese</p>	<p>Friday Breakfast</p> <p>Fresh Fruit, Juice, Milk Cook's Choice Or Cereal & String Cheese</p>

ORANGE YOU SMART

A fill-in-the-blank game using **ORANGE**:

- O** _____
(an underwater creature with eight legs)
- R** _____
(the smallest state in the United States)
- A** _____
(a favorite fruit given to a teacher)
- N** _____
(a popular orange variety named for its belly button)
- G** _____
(another color that oranges can be)
- E** _____ !
(how many times per week you need to be active)

Answers: Octopus, Rhode Island, Apple, Navel, Green, Every Day

Look for CA Grown Citrus:



Citrus Galore

Look at this list of citrus varieties and circle your favorites. Draw stars next to the ones you would like to try.

- Kumquats
- Lemons
- Limes
- Moro or "Blood" Oranges
- Navel Oranges
- Pummelos or "Chinese" Grapefruit
- Ruby Red Grapefruit
- Tangerines
- Valencia Oranges
- White or Yellow Grapefruit

