




**MANDARIN IMMERSION & ORION ALTERNATIVE
@ THE JOHN GILL CAMPUS
LUNCH MENU
DECEMBER 2019**

Lunch Price: \$3.00 or free if qualified

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. **Locally-grown items are offered whenever seasonally-available.** rBST hormone free low-fat or fat-free milk is included with all meals. A meal includes an entrée, fruit and vegetable selection and milk. All bread products are whole grain and all featured menu items contain zero trans fat.

MONDAY 12-2	TUESDAY 12-3	WEDNESDAY 12-4	THURSDAY 12-5	FRIDAY 12-6 COOKIES!
NY Cheese Pizza V NY Pepperoni Pizza Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V Turkeyham & Cheese Sandwich	Hot Dog w/ Tater Tots Plain or Spicy Chicken Burger Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V Turkey & Cheese Sandwich	Crispy Beef or Bean Tacos w/ Rice V Italian Dunkers V Sunflower Seed Spread w/ String Cheese V Turkeyham & Cheese Sandwich	BBQ Drumstick w/ Breadstick Cheese Burger Garden Burger Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V	Spaghetti w/ Meat or w/ Marinara Sauce & Parmesan Cheese V Mini Cheese Burgers Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V Turkeyham & Cheese Sandwich
MONDAY 12-9	TUESDAY 12-10	WEDNESDAY 12-11	THURSDAY 12-12	FRIDAY 12-13 COOKIES!
NY Cheese Pizza V NY Pepperoni Pizza Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V Turkeyham & Cheese Sandwich	Bean & Cheese Pupusa Protein Pack V Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V Turkey & Cheese Sandwich	Posole offered w/ Tortilla Chips Corn Dog Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V Turkeyham & Cheese Sandwich	Chicken Tenders w/ Breadstick Yogurt Parfait w/ String Cheese V Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V Turkey & Cheese Sandwich	Oodles of Noodles w/ String Cheese & Sunflower Seeds V Plain or Spicy Chicken Burger Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V Turkeyham & Cheese Sandwich
MONDAY 12-16	TUESDAY 12-17	WEDNESDAY 12-18	THURSDAY 12-19 HOLIDAY COOKIE!	FRIDAY 12-20
NY Cheese Pizza V NY Pepperoni Pizza Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V Turkeyham & Cheese Sandwich	Hot Dog w/ Tater Tots Cheese Burger Garden Burger Turkey & Cheese Sandwich	Crispy Beef or Bean Tacos w/ Rice V Italian Dunkers V Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V Turkeyham & Cheese Sandwich	BBQ Drumstick w/ Breadstick Plain or Spicy Chicken Burger Sunflower Seed Spread & Jelly Sandwich w/ String Cheese V Turkey & Cheese Sandwich	FIRST DAY OF WINTER BREAK 
MONDAY 12-23	TUESDAY 12-24	WEDNESDAY 12-25	THURSDAY 12-26	FRIDAY 12-27



WINTER BREAK DECEMBER 20TH-JANUARY 7TH





WHAT IS THINK [CA]?

Think [CA] is Sodexo's commitment to communicating to our students, parents, administration and communities that we are your partners in nurturing students by empowering them to think about their nutritional choices and choose to eat well.

The project is designed to get individuals (of all ages) to STOP and THINK California! Think about the unique qualities associated with the state and our foodservice programs. This includes, whenever possible, to feature items that are made from scratch, selections with a short ingredient list and/or no artificial additives and to use locally-grown and produced ingredients. **Think [CA]** visualizes our promise to promote student achievement while improving the quality of life and overall well-being of the students, families and communities we serve.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

WHAT DO THE ICONS MEAN?

As major focus of **Think [CA]** is to help students make nutritionally sound choices. To assist in this effort, we have created three color-coded graphic icons to correlate with the key initiatives we are emphasizing throughout our California accounts. In addition to a distinct color, each icon features a simple graphic and key word that visually communicates the meaning of the icon.



Food options that utilize locally-grown or produced ingredients.



Food options that are made from scratch.



Food options options with a short ingredient list and/or no artificial additives.

BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Cinnamon Bun	Concha	Cinnamon Bun	Concha	Breakfast Pizza
Bagel and Cream Cheese	Apple Frudel	Bagel and Cream Cheese	Apple Frudel	Bagel and Cream Cheese
Banana Bread or Fresh Baked Muffin	Banana Bread or Fresh Baked Muffin	Banana Bread or Fresh Baked Muffin	Banana bread or Fresh Baked Muffin	Banana Bread or Fresh Baked Muffin
Cereal and Graham Crackers	Cereal and String Cheese	Cereal and Graham Crackers	Cereal and String Cheese	Cereal and Graham Crackers
Fresh Fruit and Raisins	Fresh Fruit and Raisins	Fresh Fruit and Raisins	Fresh Fruit and Raisins	Fresh Fruit and Raisins

For Breakfast:

- Students must take 3 items. 1 item must be a fruit or juice.
- Students can have breakfast before school or at recess but not at both times.
 - Students can have only one breakfast per day.

Additional Items Offered for Breakfast Daily:

Hard Boiled Eggs, 100% Fruit Juice, and a variety of Milk.

Student Breakfast - Price: \$2.00

Student Lunch - Price: \$3.00

Online Payments can be made at: ezschoolpay.com

FROM THE GARDEN

Assorted Fruits and Vegetables Offered During the Week

Apples, Oranges, Pears, Raisins, Canned Pineapple and Peaches, Garbanzo or Black Beans, Cucumbers, Corn, Carrot Sticks, Caesar Salad and Jicama.

Each Student must select 1/2 cup of fruit or vegetables.

The Child Nutrition Services Department encourages parents to prepay for school meals so we can serve your students faster in the cafeteria. Please pay online at ezschoolpay.com or at the school cafeteria.

For questions or concerns contact Anna Lague at alague@rcsdk8.net 650-423-2226