

Fairfield-Suisun Unified School District K-8 Menu

April - June 2018

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza <i>OR</i> Cereal and Waffle Graham	Turkey Ham & Cheese Breakfast Bagel <i>OR</i> Cereal and Waffle Graham	Yogurt Parfait with Fruit and Granola <i>OR</i> Cereal and Waffle Graham	Cinnamon Roll <i>OR</i> Cereal and Waffle Graham	French Toast Sticks <i>OR</i> Cereal and Waffle Graham
French Toast Breakfast Bar <i>OR</i> Cereal and Waffle Graham	Bagel with Cream Cheese <i>OR</i> Cereal and Waffle Graham	Yogurt Cup and Sunrise Maple Bites <i>OR</i> Cereal and Waffle Graham	Cinnamon Roll <i>OR</i> Cereal and Waffle Graham	Students Pick: Breakfast Quesadilla ★ <i>OR</i> Cereal and Waffle Graham

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt, Sunflower Seeds and Sunrise Maple Bites <i>OR</i> Popcorn Chicken and Smart Cookies	Pizza - Cheese or Turkey Pepperoni <i>OR</i> C3 Snack Pack - Cheese, Cheez its, and Carrots	Chicken Caesar Salad with Garlic Breadstick <i>OR</i> Smothered Bean & Cheese Burrito	Orange Chicken Rice Bowl with a Fortune Cookie <i>OR</i> Hot Diggity Turkey Dog and Potato Wedges	Grilled Cheese Sandwich <i>OR</i> Crispy Chicken Burger
Breakfast 4 Lunch - French Toast and Pork Sausage Links <i>OR</i> Crispy Drumstick and Smart Cookies	Galaxy Pizza - Cheese or Pepperoni <i>OR</i> Macho Nachos with Beef and Cheese	Chicken Caesar Salad with Garlic Breadstick <i>OR</i> Macaroni and Cheese with Garlic Breadstick	Teriyaki Chicken Rice Bowl with a Fortune Cookie <i>OR</i> Mini Chicken Corndogs and Potato Wedges	Cheesy Italian Breadsticks with Marinara Dipping Sauce <i>OR</i> Mesquite Grilled Cheeseburger

Welcome to the 2017-2018 School Year! We are happy to feed your student and help prepare them to learn. We serve breakfast and lunch each and every school day. On the left you'll find our menus for breakfast and lunch. The menu rotates every two weeks and the color coded legend at the bottom shows which week we are serving.

We pride ourselves in preparing healthy meals for your students that are low in fat and sugar and meet or exceed nutritional standards. We offer fresh fruits and vegetables, whole grains and low fat or nonfat milk for all meals.

At lunch, in addition to the main menu, we offer a deli sandwich or PB&J Sandwich or Peanut Butter Snack Pack every day to give your student more options to choose from.

OFFER vs SERVE
The Five Meal Components for School Lunch

Choose at least 3 including:

1
Grains

2
Meat or Meat Alternate

3
Milk

4
Fruits

5
Veggies

- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Groups**

For best nutrition, choose all 5

Find out which menu week we are on by matching the colors on the calendar.
NS = No School

April					May					June				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
NS	3	4	5	6		1	2	3	4					1
9	10	11	12	13	7	8	9	10	11	4	5	6	7	8
16	17	18	19	20	14	15	16	17	18					
23	24	25	26	NS	21	22	23	24	NS					
30					NS	29	30	31						



Meal Prices

Breakfast \$1.50 full price/\$3.00 for Adults

Lunch \$2.75 full price/\$0.40 reduced/\$4.00 for Adults

Please check our webpage for more information at:
www.fsusd.org/ChildNutrition

Prepayments made easy at: www.MySchoolBucks.com

*The menu is subject to change at times.
USDA is an equal opportunity provider.*