



April 2017



Our meals are prepared from scratch by caring hands using wholesome, high quality ingredients, local, organic produce & whole grains whenever possible!

"PLANT PLATES" ARE VEGETARIAN/VEGAN ENTREES AVAILABLE BY PRE-ORDER ONLY.
◆ PLEASE CALL OR EMAIL YOUR KITCHEN MANAGER TO RESERVE A DELICIOUS PROTEIN RICH, PLANT BASED ENTRÉE FOR YOUR STUDENT'S HEALTH AND OUR PLANET!

	Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
BREAKFAST	French Toast	Chef's Choice	Apple Bread	Toasted Oat Granola Bar	Whole Grain Cinnamon Roll
LUNCH	Deep Dish French Bread Pizza	Chef's Choice	Cheeseburger w/ Potato Wedges	Teriyaki Chicken Fried Rice w/Crispy Noodles	Tuna Sandwich
VEG OPTION		Chef's Choice	Veggie Burger w/Potato Wedges	Teriyaki Veggie Fried Rice w/Crispy Noodles	Veggie Sandwich
*SNACK	Cheese & Crackers	Chef's Choice	Fruit Cup & Cheese	Cookie & Milk	Applesauce & Grahams
	Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
BREAKFAST	Hot & Cold Cereal	Breakfast Burrito	La Bella Rosa Concha	Bagel & Cream Cheese	Yogurt Parfait
LUNCH	Sicilian 3-Cheese Pizza	Mac & Cheese w/Garlic Bread	Chicken Pozole w/Tortilla Chips	Italian Deli Sub w/Potato Salad	Cheese Quesadilla & Smoothie
VEG OPTION		Butternut Mac w/Garlic Bread	Veggie Pozole w/Tortilla Chips	Veggie Sub w/Potato Salad	
*SNACK	Snack Bread & Milk	Snack Mix & Veggies	Veggies w/Dip & Grahams	Granola Bar & Milk	Fruit & Cheese
	Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
BREAKFAST	French Toast	Breakfast Burrito	Applesauce Bread	Toasted Oat Granola Bar	Whole Grain Cinnamon Roll
LUNCH	Italian Flatbread w/Tomato, Fresh Basil & Mozzarella	Cheeseburger w/ Potato Wedges	Orange Chicken w/Steamed Rice	Bean & Cheese Burrito	BBQ Chicken w/Buttermilk Biscuit
VEG OPTION		Veggie Burger w/Potato Wedges	Teriyaki Stir Fry w/Crispy Noodles	Soyrizo Burrito	BBQ Tofu w/Buttermilk Biscuit
*SNACK	Cheese & Crackers	Chips & Salsa	Fruit Cup & Cheese	Cookie & Milk	Applesauce & Grahams
	Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
BREAKFAST	Hot & Cold Cereal	Breakfast Burrito	La Bella Rosa Concha	Bagel & Cream Cheese	Yogurt Parfait
LUNCH	Hawaiian Pizza	Spaghetti w/Meat Sauce & Garlic Bread	Cheeseburger w/ Potato Wedges	Chicken Enchiladas	Grilled Cheese Sandwich & Smoothie
VEG OPTION	Veggie Pizza	Spaghetti Marinara & Garlic Bread	Veggie Burger w/Potato Wedges	Soyrizo Enchiladas	
*SNACK	Snack Bread & Milk	Snack Mix & Veggies	Veggies w/Dip & Grahams	Granola Bar & Milk	Fruit & Cheese

Eat to live, Live to learn & Learn to eat!

**HARVEST
OF THE MONTH:
Spinach & Radish**

◆Kitchen Contact: Minerva Valdez, La Cumbre Jr. High School 687-0761 x 3515

*Snacks are provided to ASEL, EE, SB City Parks & Rec Afterschool School Programs (Adams & Monroe only).

The Santa Barbara Unified School District, USDA and the CDE are equal opportunity providers and employers.

Menu subject to change without notice.

