

May & June 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!

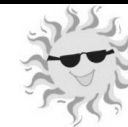
	Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
BREAKFAST	French Toast	Breakfast Burrito	Apple Bread	Toasted Oat Granola Bar	Whole Grain Cinnamon Roll
LUNCH	Cheeseburger w/ Potato Wedges	Spaghetti w/Meat Sauce & Garlic Bread	Chicken Fried Rice w/Crispy Noodles	Herb Roasted Chicken w/Pasta Salad	Grilled Cheese Sandwich & Smoothie
VEG OPTION	Veggie Burger w/Potato Wedges	Spaghetti Marinara & Garlic Bread	Veggie Fried Rice w/Crispy Noodles	Herb Roasted Tofu w/Pasta Salad	
	Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
BREAKFAST	Hot & Cold Cereal	Breakfast Burrito	La Bella Rosa Concha	Bagel & Cream Cheese	Yogurt Parfait
LUNCH	Mac & Cheese w/Garlic Bread	Chicken Pozole w/Tortilla Chips	Italian Deli Sub w/Potato Salad	Baked Chicken w/Rice Pilaf	Sicilian Cheese Pizza
VEG OPTION	Butternut Mac w/Garlic Bread	Veggie Pozole w/Tortilla Chips	Veggie Sub w/Potato Salad	Baked Tofu w/Rice Pilaf	
	Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
BREAKFAST	French Toast	Breakfast Burrito	Applesauce Bread	Toasted Oat Granola Bar	Whole Grain Cinnamon Roll
LUNCH	Cheeseburger w/ Potato Wedges	Orange Chicken w/Steamed Rice	Beef Tostada	BBQ Chicken w/Buttermilk Biscuit	Grilled Cheese Sandwich & Smoothie
VEG OPTION	Veggie Burger w/Potato Wedges	Teriyaki Stir Fry w/Crispy Noodles	Bean Tostada	BBQ Tofu w/Buttermilk Biscuit	
	Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
BREAKFAST	Hot & Cold Cereal	Breakfast Burrito	La Bella Rosa Concha	Bagel & Cream Cheese	Yogurt Parfait
LUNCH	Chicken Pasta Alfredo w/Garlic Bread	Italian Deli Sub	Chicken Enchiladas	Teriyaki Chicken w/Sesame Noodles	Hawaiian Pizza
VEG OPTION	Pasta Alfredo w/Garlic Bread	Grilled Veggie Deli Sub	Soyrizo Enchiladas	Teriyaki Tofu w/Sesame Noodles	Veggie Pizza
	Monday, May 29	Tuesday, May 30	Wednesday, May 31	Thursday, June 1	Friday, June 2
BREAKFAST	MEMORIAL DAY HOLIDAY	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
LUNCH					
VEG OPTION					
	Monday, June 5	Tuesday, June 6	Wednesday, June 7	Thursday, June 8	Friday, June 9 LAST DAY OF SCHOOL
BREAKFAST	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice
LUNCH					
VEG OPTION					No Lunch Served

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

◆ Please call SBHS, Beth Whitney, Manager at 966-9101 x 5015 for any questions or to order the veggie lunch option.

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

Menu subject to change without notice.



**HARVEST OF THE MONTH:
STRAWBERRIES
& CELERY**

