



**Daily Breakfast Menu:**

Choice of either the Hot Entree or Whole Grain Cereal, served with Fruit & Low Fat White Milk

**January 2012**

**Daily Lunch Menu:**

Choice of Entree or Vegetarian Yogurt Meal, Locally Grown Garden Salad Bar with Fresh Fruit Varieties & Low Fat Milk

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

9 \*Oatmeal to Go  
Cereal Bar  
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Beef Ravioli

10 Bacon & Egg  
Breakfast Square  
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Oven Roasted Chicken  
Homestyle Baked Beans

11 Baked Chicken  
Chili Crispito  
Locally Grown Salsa  
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\*Whole Grain Cheese or  
Pepperoni Pizza

12 Pork Sausage  
Pancake Wrap  
-----  
Mega Noodle Soup  
\* 1/2 Grilled Cheese  
Sandwich

13 \*Homestyle  
Mini Chicken Slider  
-----  
Pork Sausage  
Mini Pups

16 HOLIDAY

17 \*Locally Baked Lemon  
Raspberry Muffin  
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Kona Coast Teriyaki  
Roasted Chicken  
Steamed Rice

18 Sunrise Pork Sausage  
Sandwich  
-----  
Jennie O  
Turkey & Gravy  
Homestyle Mash Potatoes

19 \*Apple Cinnamon  
Texas Toast  
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\*Beef Hamburger  
on a Whole Grain Bun  
Potato Smiles

20 Chef's Choice  
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Housemade Artisan  
French Bread  
Cheese Pizza

23 \*Mini Berry  
French Toast  
-----  
Tangy Tangerine Chicken  
Steamed White Rice

24 \*Italian Turkey  
Sausage Square  
-----  
Tomatillo Chicken  
Corn Tortilla  
Homestyle Refried Beans

25 \*Heart Healthy Oatmeal  
\*Mini Blueberry Muffin Top  
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Chef's Choice

26 Pork Sausage  
Mini Pup  
-----  
\*Baked Chicken Sandwich  
BBQ Sauce  
Glad Corn

27 Colby Cheese Omelet  
-----  
\*Manwich "Beefy"  
Sloppy Joe  
Potato Smiles

30 \*Belgian Waffle  
Sticks  
-----  
Spaghetti  
with Choice of  
Marinara or Meat Sauce

31 Breakfast Chicken  
Sausage Bagel  
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\* Crunchy Beef Taco  
Mexican Rice

***\*Made with  
Whole Grain***

**Price Increase Effective  
Jan. 9th**

Breakfast \$1.00  
Lunch \$1.50



# Sacramento City Unified School District

## Q & A Too many snacks?

Q: When my child comes home from school, he snacks all afternoon and then isn't hungry for dinner. How can I get him to change this habit?

A: You may be surprised to know that children actually need snacks. Their stomachs are small, so they can't get all the food and nutrients they need in just three meals a day. The trick is to give your youngster a snack that's both healthy and filling so he will be able to wait until dinnertime to eat again.

Try giving your child a choice of snacks when he comes home. Offer foods like microwave low-fat popcorn, string cheese and fruit, or "ants on a log" (peanut butter on celery stalks and covered with raisins).

## Lunch Price Increase Effective January 9<sup>th</sup>, 2012

Lunch prices will increase by \$0.25 starting January 9<sup>th</sup>. Please be sure to pre-pay or send enough money with your student to cover the lunch price and to avoid charges to your student's account.

Recent federal regulations require all school districts in the nation to increase the lunch rate to meet an approved rate if they have not already done so. Because SCUSD was committed to keeping the price as low as possible for as long as possible we have not increased the lunch price in over 10 years.

The Nutrition Services Department remains committed to ensuring the menu offers variety, fresh and locally-sourced fruits and vegetables, nutritious food, and value at the new price of just \$ 1.50 per lunch. We invite your students to enhance their lunch with selections from our "Go Green, Eat Fresh Salad Bar" that is offered daily.



## Mega Noodle Soup & 1/2 Grilled Cheese



## Go Greener Eat Fresher in January

Our salad bars are stocked in January with fresh winter vegetables like broccoli, cauliflower, matchstick carrots, and celery. Many winter vegetables are available year round but taste best when "frost kissed" (that is, more sweet, less bitter and sharp).

**Menus Subject To Change**