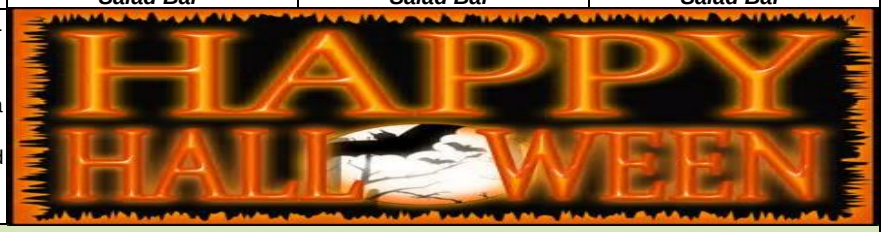
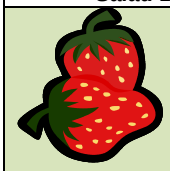
Cabrillo Elementary School

Lunch Menu October 2017

Student lunch $3.45 paid, .40 reduced*, free*, adults $4.00, milk .50

*You may qualify for free or reduced price meals. The district highly encourages applying online at http://wiseburnusd.heartlandapps.com. Applications are also available at all school locations. For questions regarding the food service program please call Janet Lusk at (310)725-4754

Monday	Tuesday	Wednesday	Thursday	Friday
NEW THIS SCHOOL YEAR The Wiseburn Unified School District (in partnership with Chartwells School Dining) will offer freshly prepared meals daily at Cabrillo Elementary School, offering two different entree choices per day. Come have a delicious lunch with us.				
2 WG Pancakes Turkey Sausage Hash Brown Patty ***or*** Sun Butter & Jelly Sandwich Hash Brown Patty ***Salad Bar***	3 Homemade Cheese Calzone with Seasoned Broccoli ***or*** Turkey Ham and Cheese Salad with a WG Roll ***Salad Bar***	4 Cheeseburger with Tater Tots ***or*** Turkey BLT on WG Bread ***Salad Bar***	5 Grilled Cheese Sandwich on WG Bread with Fries ***or*** Chicken Caesar Salad with a WG Roll ***Salad Bar***	6 Cheese or Pepperoni Flatbread on WW Crust w/Glazed Carrots ***or*** Turkey and Cheese Sandwich w/Glazed Carrots ***Salad Bar***
9 Pork Maple Sausage Wrap with Tater Tots ***or*** Sun Butter & Jelly Sandwich Hash Brown Patty ***Salad Bar***	10 Chicken Bacon Cheddar Sandwich on WG Bread with Seasoned Corn ***or*** Turkey Ham and Cheese Salad with a WG Roll ***Salad Bar***	11 Chicken Nuggets with Corn and Tater Tots ***or*** Fruit Parfait ***Salad Bar***	12 Mini Turkey Corn Dogs with Fries ***or*** Chicken Caesar Salad with a WG Roll ***Salad Bar***	13 Cheese or Pepperoni Pizza on WG Crust w/Green Beans ***or*** Turkey and Cheese Pinwheels ***Salad Bar***
16 WG French Toast Sticks Turkey Sausage Hash Brown Patty ***or*** Sun Butter & Jelly Sandwich Hash Brown Patty ***Salad Bar***	17 Turkey Hot Dog and Cheese Roll Up Tater Tots ***or*** Turkey Ham and Cheese Salad with a WG Roll ***Salad Bar***	18 Chicken Soft Taco with Cheesy Refried Beans ***or*** Turkey BLT on WG Bread ***Salad Bar***	19 Sloppy Joe on a WG Bun with Seasoned Wedge Fries ***or*** Chicken Caesar Salad with a WG Roll ***Salad Bar***	20 Cheese or Pepperoni Flatbread on WW Crust Seasoned Corn ***or*** Chicken Ranch Wrap ***Salad Bar***
23 Pork Maple Sausage Wrap with Fries ***or*** Sun Butter & Jelly Sandwich Hash Brown Patty ***Salad Bar***	24 WG Pasta with Meat Sauce and a WG Roll ***or*** Turkey Ham and Cheese Salad with a WG Roll ***Salad Bar***	25 Popcorn Chicken with Fries ***or*** Fruit Parfait ***Salad Bar***	26 Chili Cheese Dog on a WG Bun with Tater Tots ***or*** Chicken Caesar Salad with a WG Roll ***Salad Bar***	27 Cheese or Pepperoni Pizza on WW Crust Carrots ***or*** Turkey and Cheese Pinwheels ***Salad Bar***
30 WG Waffles Turkey Sausage Hash Brown Patty ***or*** Sun Butter & Jelly Sandwich Hash Brown Patty ***Salad Bar***	31 Beef, Bean and Cheese Burrito with Black Bean & Corn Salsa ***or*** Turkey Ham and Cheese Salad with a WG Roll ***Salad Bar***			



A full student lunch includes a choice of entrée supplying protein and grain, up to three (3) vegetable & fruit side dishes, and milk. Milk choices include 1% white and non-fat chocolate.

A cold vegetable and fruit salad bar is available daily in which we feature a variety of vegetables and fruits including locally grown produce when seasonally available.

Salad Bar Selections

Monday	Tuesday	Wednesday	Thursday	Friday
Chopped Romaine	Chopped Romaine	Chopped Romaine	Chopped Romaine	Chopped Romaine
Sliced Tomatoes	Sliced Tomatoes	Broccoli Florets	Sliced Tomatoes	Power Peas
Sliced Cucumbers	Celery Sticks	Carrot Sticks	Black Beans	Carrot Sticks
Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit

This Institution is an Equal Opportunity Provider. **All menus subject to change without notice due to unforeseen circumstances.**