

## Cabrillo Elementary School Lunch Menu August/September 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

## **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.

(Menu subject to change daily)

3 9 7/						
28	29	30	31	1		
				Cheese or Pepperoni Pizza		
		MINIMUM	MINIMUM	on WW Crust		
\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		DAY	DAY	w/Savory Green Beans		
		Lunch Offered:	Lunch Offered:	or		
R A C M		Sun Butter & Jelly Sandwich	Turkey and Cheese Sandwich	Chicken Ranch		
UAL III		Fresh Fruit	Fresh Fruit	Wrap		
		Choice of Milk	Choice of Milk	Salad Bar		
4	5	6	7	8		
***	Turkey Maple Sauage Wrap	Cheeseburger	Breaded Chicken Drumstick	Cheese or Pepperoni Pizza		
	with	on a WG Bun	with a	Flatbread		
	Tater Tots	Tater Tots	Fresh Baked Biscuit & Carrots	Steamed Corn		
* TOW	or	or	or	or		
	Turkey Ham and Cheese Salad	Turkey BLT	Chicken Caesar Salad	Turkey and Cheese		
	with a WG Roll	Sandwich	with a WG Roll	Pinwheel		
	Salad Bar	Salad Bar	Salad Bar	Salad Bar		
11	12	13	14	15		
WG French Toast Sticks	Cheese Stuffed	WG Popcorn Chicken	WG Turkey Corn Dog	Cheese or Pepperoni Pizza		
Turkey Sausage	WG Breadsticks	with Corn on the Cob	with	on WW Crust		
Hash Brown Patty	with Marinara	Fries and a WG Roll	Tater Tots	Seasoned Corn		
or	or	or	or	or		
Sun Butter & Jelly Sandwich	Turkey Ham and Cheese Salad	Fruit	Chicken Caesar Salad	Turkey and Cheese Sandwich		
Hash Brown Patty	with a WG Roll	Parfait	with a WG Roll	Seasoned Carrots		
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar		
18		20		22		
WG Waffles	Beef and Bean Chili	Chicken Nuggets	Chicken Ranch Sandwich	Cheese or Pepperoni Pizza		
Turkey Sausage	with	with	with	Flatbread		
Hash Brown Patty	Homemade Cornbread	with Seasoned Waffle Fries	Tater Tots	Seasoned Carrots		
or	or	or	or	or		
Sun Butter & Jelly Sandwich	Turkey Ham and Cheese Salad	Turkey BLT	Chicken Caesar Salad	Turkey and Cheese		
Tater Tots	with a WG Roll	Sandwich	with a WG Roll	Pinwheel		
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar		
25	=-	27	28	29		
Turkey Maple Sauage Wrap	Turkey Dog	Turkey Cheeseburger	WG Macaroni and Cheese	Cheese or Pepperoni Pizza		
with	with	with	with	on WW Crust		
Tater Tots	Boston Baked Beans	Fries	Seasoned Carrot Fries and a Roll	Seasoned Broccoli		
or Sun Butter & Jelly Sandwich	or Turkey Ham and Cheese Salad	<b>or</b> Fruit	<b>or</b> Chicken Caesar Salad	<i>or</i> Turkey Ranch Wrap		
_	with a WG Roll	Parfait	with a WG Roll	Seasoned Broccoli		
Hash Brown Patty  Salad Bar	With a WG Roll  Salad Bar	Pariait <b>Salad Bar</b>	with a WG Roll  Salad Bar	Seasoned Broccoli  Salad Bar		
Salad Bar	Salad Bar	Salad Bar	Salad Bar	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		