



# Cabrillo Elementary School Lunch Menu October 2018



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://wiseburnsd.heartlandapps.com>. Applications are also available at all school locations. For questions about the food service program please call Michael Gengler at (310) 725-4700 x4510

**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.

<p style="text-align: right;">1</p> <p>WG Bagel Turkey Sausage Links Tater Tots <i>or</i> Sun Butter &amp; Jelly Sandwich Hash Brown Patty <b>Salad Bar</b></p>	<p style="text-align: right;">2</p> <p>Sweet and Sour Popcorn Chicken with Carrots and Brown Rice <i>or</i> Chicken Caesar Salad with a WG Roll <b>Salad Bar</b></p>	<p style="text-align: right;">3</p> <p>Cheeseburger with Tater Tots <i>or</i> Turkey BLT on WG Bread <b>Salad Bar</b></p>	<p style="text-align: right;">4</p> <p>Chicken Drumstick with Mashed Potatoes, Peas and Gravy <i>or</i> Chicken Caesar Salad with a WG Roll <b>Salad Bar</b></p>	<p style="text-align: right;">5</p> <p>Cheese or Pepperoni Flatbread on WW Crust with Seasoned Corn <i>or</i> Turkey and Cheese Wrap with Seasoned Corn <b>Salad Bar</b></p>
<p style="text-align: right;">8</p> <p>WG Pancakes Turkey Sausage Links Hash Brown Patty <i>or</i> Sun Butter &amp; Jelly Sandwich Hash Brown Patty <b>Salad Bar</b></p>	<p style="text-align: right;">9</p> <p>Cheese Stuffed Breadsticks with Marinara Sauce and Green Beans <i>or</i> Popcorn Chicken Salad with a WG Roll <b>Salad Bar</b></p>	<p style="text-align: right;">10</p> <p>Macaroni and Cheese with Seasoned Corn and WG Dinner Roll <i>or</i> Fruit Parfait <b>Salad Bar</b></p>	<p style="text-align: right;">11</p> <p>Turkey Corn Dog with Tater Tots <i>or</i> Chicken Caesar Salad with a WG Roll <b>Salad Bar</b></p>	<p style="text-align: right;">12</p> <p>Cheese or Pepperoni Pizza on WG Crust with Seasoned Carrots <i>or</i> Turkey and Cheese Sandwich with Seasoned Carrots <b>Salad Bar</b></p>
<p style="text-align: right;">15</p> <p>WG Waffles Turkey Sausage Hash Brown Patty <i>or</i> Sun Butter &amp; Jelly Sandwich Hash Brown Patty <b>Salad Bar</b></p>	<p style="text-align: right;">16</p> <p>Mini Turkey Corn Dogs with Waffle Fries <i>or</i> Popcorn Chicken Salad with a WG Roll <b>Salad Bar</b></p>	<p style="text-align: right;">17</p> <p>Chicken Nuggets with Tater Tots <i>or</i> Fruit Parfait <b>Salad Bar</b></p>	<p style="text-align: right;">18</p> <p>Chicken Macho Nachos with Refried Beans <i>or</i> Chicken Caesar Salad with a WG Roll <b>Salad Bar</b></p>	<p style="text-align: right;">19</p> <p>Cheese or Pepperoni Flatbread on WW Crust Seasoned Broccoli <i>or</i> Chicken Ranch Wrap Seasoned Broccoli <b>Salad Bar</b></p>
<p style="text-align: right;">22</p> <p>WG French Toast Sticks Turkey Sausage Tater Tots <i>or</i> Sun Butter &amp; Jelly Sandwich Tater Tots <b>Salad Bar</b></p>	<p style="text-align: right;">23</p> <p>WG Spaghetti and Meatballs with Green Beans <i>or</i> Popcorn Chicken Salad with a WG Roll <b>Salad Bar</b></p>	<p style="text-align: right;">24</p> <p>Bacon Cheeseburger with Wedge Fries <i>or</i> Fruit Parfait <b>Salad Bar</b></p>	<p style="text-align: right;">25</p> <p>Popcorn Chicken with Mashed Potatoes, and Gravy <i>or</i> Chicken Caesar Salad with a WG Roll <b>Salad Bar</b></p>	<p style="text-align: right;">26</p> <p>Cheese or Pepperoni Pizza on WW Crust with Seasoned Corn <i>or</i> Turkey and Cheese Wrap with Seasoned Corn <b>Salad Bar</b></p>
<p style="text-align: right;">29</p> <p>Sausage and Pancake on a Stick Hash Brown Patty <i>or</i> Sun Butter &amp; Jelly Sandwich Hash Brown Patty <b>Salad Bar</b></p>	<p style="text-align: right;">30</p> <p>All Beef Hot Dog with Season Fries <i>or</i> Popcorn Chicken Salad with a WG Roll <b>Salad Bar</b></p>	<p style="text-align: right;">31</p> <p>Chicken Nuggets with Tater Tots <i>or</i> Fruit Parfait <b>Salad Bar</b></p>		



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 Sliced Tomatoes Sliced Cucumbers Whole Fruit Chilled Fruit Chilled Fruit	Chopped Romaine Sliced Tomatoes Celery Sticks Whole Fruit Chilled Fruit Chilled Fruit	Chopped Romaine Broccoli Florets Carrot Sticks Whole Fruit Chilled Fruit Chilled Fruit	Chopped Romaine Sliced Tomatoes Black Beans Whole Fruit Chilled Fruit Chilled Fruit	Chopped Romaine Power Peas Carrot Sticks Whole Fruit Chilled Fruit Chilled Fruit

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