






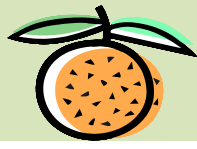
# Cabrillo Elementary School

## Lunch Menu August/September 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 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 Michael Gengler at (310) 725-4754

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <b>NEW THIS SCHOOL YEAR</b>  |   |  |  |  |
| 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.   |   |  |  |  |
| 27   | 28  | 29   | 30   | 31   |
|    | <p><b>MINIMUM DAY</b><br/>Lunch Offered:<br/>Sun Butter &amp; Jelly Sandwich<br/>Fresh Fruit<br/><b>Choice of Milk</b></p>                        | <p><b>MINIMUM DAY</b><br/>Lunch Offered:<br/>Sun Butter &amp; Jelly Sandwich<br/>Fresh Fruit<br/><b>Choice of Milk</b></p> | <p>Toasty Cheese Sandwich with Crinkle Cut Fries<br/>or<br/>Chicken Caesar Salad<br/><b>Salad Bar</b></p>                                | <p>Cheese or Pepperoni Pizza on WW Crust<br/>Seasoned Corn<br/>or<br/>Chicken Caesar Wrap<br/><b>Salad Bar</b></p>                         |
| 3  | 4   | 5  | 6  | 7  |
|    | <p>WG French Toast Sticks with Turkey Sausage Hash Brown Patty<br/>or<br/>Sun Butter &amp; Jelly Sandwich with a WG Roll<br/><b>Salad Bar</b></p> | <p>Cheeseburger on a WG Bun<br/>Tater Tots<br/>or<br/>Turkey BLT Sandwich<br/><b>Salad Bar</b></p>                         | <p>Breaded Chicken Drumstick with Mashed Potatoes Gravy and Peas<br/>or<br/>Chicken Caesar Salad with a WG Roll<br/><b>Salad Bar</b></p> | <p>Cheese or Pepperoni Pizza Flatbread<br/>Seasoned Carrots<br/>or<br/>Turkey and Cheese Wrap<br/><b>Salad Bar</b></p>                     |
| 10   | 11  | 12   | 13   | 14   |
| <p>WG Pancakes<br/>Turkey Sausage Hash Brown Patty<br/>or<br/>Sun Butter &amp; Jelly Sandwich Hash Brown Patty<br/><b>Salad Bar</b></p>  | <p>Cheese Stuffed WG Breadsticks with Marinara<br/>or<br/>Popcorn Chicken Salad with a WG Roll<br/><b>Salad Bar</b></p>                           | <p>Orange Chicken with Brown Rice and Broccoli<br/>or<br/>Fruit Parfait<br/><b>Salad Bar</b></p>                           | <p>WG Turkey Corn Dog with Tater Tots<br/>or<br/>Chicken Caesar Salad with a WG Roll<br/><b>Salad Bar</b></p>                            | <p>Cheese or Pepperoni Pizza on WW Crust<br/>Seasoned Corn<br/>or<br/>Turkey and Cheese Sandwich Seasoned Carrots<br/><b>Salad Bar</b></p> |
| 17   | 18  | 19   | 20   | 21   |
| <p>WG Waffles<br/>Turkey Sausage Hash Brown Patty<br/>or<br/>Sun Butter &amp; Jelly Sandwich Tater Tots<br/><b>Salad Bar</b></p>   | <p>Mini Turkey Corn Dogs with Waffle Fries and Carrots<br/>or<br/>Popcorn Chicken Salad with a WG Roll<br/><b>Salad Bar</b></p>                   | <p>Chicken Nuggets with Tater Tots<br/>or<br/>Fruit Parfait<br/><b>Salad Bar</b></p>                                       | <p>Chicken Macho Nachos with Refried Beans<br/>or<br/>Chicken Caesar Salad with a WG Roll<br/><b>Salad Bar</b></p>                       | <p>Cheese or Pepperoni Pizza Flatbread<br/>Seasoned Broccoli<br/>or<br/>Chicken Ranch Wrap<br/><b>Salad Bar</b></p>                        |
| 24   | 25  | 26   | 27   | 28   |
| <p>Chicken and Cheese English Muffin with Tater Tots<br/>or<br/>Sun Butter &amp; Jelly Sandwich Tater Tots<br/><b>Salad Bar</b></p>  | <p>All Beef Hot Dog with Waffle Fries<br/>or<br/>Popcorn Chicken Salad with a WG Roll<br/><b>Salad Bar</b></p>                                    | <p>Bacon Cheeseburger with Wedge Fries<br/>or<br/>Fruit Parfait<br/><b>Salad Bar</b></p>                                   | <p>Popcorn Chicken with Mashed Potatoes and Gravy<br/>or<br/>Chicken Caesar Salad with a WG Roll<br/><b>Salad Bar</b></p>                | <p>Cheese or Pepperoni Pizza on WW Crust<br/>Seasoned Broccoli<br/>or<br/>Turkey and Cheese Wrap<br/><b>Salad Bar</b></p>                  |
| <div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>A full student lunch includes a choice of entrée supplying protein and grain, up to three (3) vegetable &amp; fruit side dishes, and milk. Milk choices include 1% white and non-fat chocolate.</p> <p>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.</p> </div>  </div> |   |  |  |  |
| <b>Salad Bar Selections</b>  |   |  |  |  |
| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>  |
| Chopped Romaine<br>Sliced Tomatoes<br>Sliced Cucumbers<br>Whole Fruit<br>Chilled Fruit<br>Chilled Fruit  | Chopped Romaine<br>Sliced Tomatoes<br>Celery Sticks<br>Whole Fruit<br>Chilled Fruit<br>Chilled Fruit  | Chopped Romaine<br>Broccoli Florets<br>Carrot Sticks<br>Whole Fruit<br>Chilled Fruit<br>Chilled Fruit                      | Chopped Romaine<br>Sliced Tomatoes<br>Black Beans<br>Whole Fruit<br>Chilled Fruit<br>Chilled Fruit                                       | Chopped Romaine<br>Power Peas<br>Carrot Sticks<br>Whole Fruit<br>Chilled Fruit<br>Chilled Fruit  |

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