

THINK

[CA]

CHOOSE TO EAT WELL

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. **Locally-grown items are offered whenever seasonally-available.** Low-fat or fat-free milk is included with all meals. A meal includes an entrée, fruit and vegetable selection.

Starts Mondays 4/23, 5/7, 5/21, 6/4

MONDAY

Teriyaki Beef Dippers & Rice
Cheesy Italian Dunkers
Sun Butter & Jelly Sandwich
Crispy Chicken Salad & Roll



TUESDAY

Italian Pasta Bake
100% Mozzarella Cheese or Pepperoni Pizza
American Sub Sandwich
Fiesta Taco Salad with Beef & Tortilla Chips



WEDNESDAY

Popcorn Chicken & Breadstick
Grilled Cheese Sandwich
Chicken Corn Dog
Pulled Chicken Caesar Salad & Breadstick



THURSDAY

Breakfast for Lunch
100% Mozzarella Cheese or Pepperoni Pizza
Deli Ham & Cheddar Sandwich
Fruit & Yogurt Parfait



FRIDAY

Crispy Chicken Sandwich
Bean & Cheese Burrito
Tuna Salad Sandwich
Protein Pack w/ Hardboiled Egg



**Union School District
April/May/June
Lunch Paid \$3.50, Reduced \$.40
Breakfast Paid \$2.00, Reduced \$.30**

Starts Mondays 4/2, 4/16, 4/30, 5/14, 5/28, 6/11

MONDAY

Chicken Burrito Bowl
Chicken Nuggets & Breadstick
Sun Butter & Jelly Sandwich
Yogurt, String Cheese, & Pretzel



TUESDAY

All Natural Turkey Hot Dog
100% Mozzarella Cheese or Pepperoni Pizza
American Sub Sandwich
Vegetarian Taco Salad & Tortilla Chips



WEDNESDAY

Spaghetti with Chicken Meatballs or All Beef Meat Sauce
Italian Dunkers
Roasted Turkey & Cheddar Sandwich
Pulled Chicken Caesar Salad & Breadstick



THURSDAY

Cheeseburger
100% Mozzarella Cheese or Pepperoni Pizza
Deli Ham & Cheddar Sandwich
Fruit & Yogurt Parfait



FRIDAY

Chicken Soft Tacos
Crispy Chicken Sandwich
Protein Pack with Sunflower Seeds
Chef Salad & Roll



LOCAL



CLEAN



FRESH



VEGETARIAN

We use menu identifiers in the café to help students recognize **Local, Clean, Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates options that are made from scratch.



This institution is an equal opportunity provider.

Plants Are the Backbone of Life on Earth

Our everyday life depends on plants in so many ways. Let's review some of the special purposes of plants on Earth:

1. **Food:** Everything we eat comes directly or indirectly from plants. Throughout human history, approximately 7,000 different plant species have been used as food by people.
2. **Water:** Plants regulate the water cycle: they help distribute and purify the planet's water. They also help move water from the soil to the atmosphere through a process called transpiration.

3. **Medicine:** One-quarter of all prescription drugs come directly from or are derivatives of plants.
4. **Air:** Oxygen is brought to you by plants, as a by-product of photosynthesis.
5. **Habitat:** Species of fish and wildlife depend on plants for food and shelter.
6. **Climate:** Plants store carbon, and have helped keep much of the carbon dioxide produced from the burning of fossil fuels out of the atmosphere.

Source: Botanic Gardens Conservation International.
<http://www.bgci.org/plantconservationday/index/>



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

BREAKFAST MENU

Weekly Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Mini Loaf & String Cheese Benefit Bar Bagel & Cream Cheese Assorted Cereal & Cheese Yogurt & Grahams	Banana or Zucchini Bread Benefit Bar Bagel & Cream Cheese Assorted Cereal & Cheese Yogurt & Grahams	WG Mini Loaf & String Cheese Benefit Bar Bagel & Cream Cheese Assorted Cereal & Cheese Yogurt & Grahams	Banana or Zucchini Bread Benefit Bar Bagel & Cream Cheese Assorted Cereal & Cheese Yogurt & Grahams	WG Mini Loaf & String Cheese Benefit Bar Bagel & Cream Cheese Assorted Cereal & Cheese Yogurt & Grahams

Lunch Garden Bar Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Green Salad Black Beans Cherry Tomatoes Assorted Fresh Fruit Celery Applesauce Raisins	Caesar Salad Green Peas Carrots Assorted Fresh Fruit Jicama Diced Pears Raisins	Green Salad Chick Peas Corn Assorted Fresh Fruit Celery Applesauce Raisins	Caesar Salad Broccoli Pinto Beans Assorted Fresh Fruit Kidney Beans Diced Peaches Raisins	Green Salad Cucumber & Tomato Salad Carrots Assorted Fresh Fruit Celery Mixed Fruit in Juice Raisins

Fresh Pick Recipe

PINEAPPLE SALSA (SERVES 6)

- 2 1/2 cups pineapple tidbits (drained)
- 1/2 cup green bell pepper (chopped)
- 1/4 cup red onion (chopped)
- 1/2 cup cilantro (chopped)
- 1/2 cup jalapeño pepper (drained and chopped)

Lime Dressing

- 1 tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper (ground)

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and pat dry. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapeños.
5. Whisk together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapeños with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

NUTRITION FACTS:
 70 calories, 1g fat,
 20mg sodium, 1g fiber



Online Payments

Visit the online payment portal at <https://family.titank12.com>. The TITAN Family portal is a secure, online system that allows parents to:

- Make online payment to their children's cafeteria meal accounts
- Remotely monitor their children's accounts.
- Set up automatic recurring payments
- Set up low balance email message alerts
- Submit online applications for free or reduced meals

