

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 4/10, 4/24, 5/08, 5/22, 6/05

MONDAY

- 100% All Beef Burger w/Cheese or Garden Burger
- Chicken Nuggets
- Protein Pack with Egg or Seeds
- Grilled Turkey & Cheddar Flatbread

TUESDAY

- Cheese BOLD Big Daddy Pizza
- Pepperoni BOLD Big Daddy Pizza
- Buffalo Chicken Salad
- American Sub Sandwich

WEDNESDAY

- All Natural Turkey Hot Dog
- Nachos with Refried Beans and Cheese Sauce
- Garden Salad with a Roll
- Egg Salad Sandwich

THURSDAY

- Italian Dunkers
- Brunch for Lunch: Chicken & Waffle
- Fruit & Yogurt Parfait
- Chef Salad

FRIDAY

- Cheese BOLD Big Daddy Pizza
- Pepperoni BOLD Big Daddy Pizza
- Fish Sticks
- Sun Butter & Jelly Sandwich

 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.

Union School District
April/May
Lunch Paid \$3.50, Reduced \$.40
Adult \$2.50
Breakfast Paid \$2.00, Reduced \$.30
Adult \$2.50

Starts Mondays 4/03, 4/17, 5/01, 5/15, 5/29

MONDAY

- Pasta with Creamy Alfredo Sauce
- Corn Dog
- Grilled Cheese Sandwich
- Roasted Turkey & Cheddar Cheese Sandwich

TUESDAY

- Cheese BOLD Big Daddy Pizza
- Pepperoni BOLD Big Daddy Pizza
- Chicken Caesar Salad & Breadstick
- American Sub Sandwich

WEDNESDAY

- Chicken Patty Sandwich
- Bean & Cheese Enchirito
- Garden Salad with a Roll
- Grilled Ham & Cheddar Cheese Flatbread

THURSDAY

- Local Chicken Meatball Sub
- Chicken Nuggets
- Fruit & Yogurt Parfait
- Chef Salad & Roll

FRIDAY

- Cheese BOLD Big Daddy Pizza
- Pepperoni BOLD Big Daddy Pizza
- Cheese Quesadilla
- Yogurt, String Cheese & Goldfish Graham

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
Caesar Salad Black Beans Cherry Tomatoes Apple/Orange Celery Raisins	Green Salad Green Peas Carrots Oranges/Banana Kidney Beans Raisins	Caesar Salad Chick Peas Corn Banana/Apples Celery Raisins	Green Salad Broccoli Pinto Beans Banana Jicama Raisins	Caesar Salad Tomato & Cucumber Salad Carrots Apples/Oranges Celery Raisins

Fresh Pick Recipe

MUSHROOMS AND SNAP PEAS
(SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon canola/olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2".
2. In a non-reactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

NUTRITION FACTS:
 138 calories, 4g fat,
 161mg sodium, 7g fiber



Online Payments

Online Payments available through mySchoolBucks.com

Quick Tips

Available payment methods: Visa, Mastercard or Discover
 Parents may pay up to \$120 per student, but a family may pay for all of their students on a single transaction
 Low balance alerts available through mySchoolBucks.com
 Parent Support for the online payment system is 1-855-832-5226