

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 11/06, 11/20, 12/04, 12/18, 1/15, 1/29

MONDAY

- Orange Chicken & Rice
- Cheesy Italian Dunkers
- Deli Ham & Cheddar Sandwich
- Crispy Chicken Salad & Roll



TUESDAY

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



WEDNESDAY

- Nachos with Cheese & Beans
- Quesadilla
- Chicken Corn Dog
- Pulled Chicken Caesar Salad & Breadstick



THURSDAY

- Breakfast for Lunch
- 100% Mozzarella Cheese or Pepperoni Pizza
- Sun Butter & Jelly Sandwich
- Fruit & Yogurt Parfait



FRIDAY

- Crispy Chicken Sandwich
- Bean & Cheese Burrito
- Roasted Turkey & Cranberry Wrap on Lavash
- Protein Pack w/ Hardboiled Egg



Union School District
NOV/DEC/JAN
Lunch Paid \$3.50, Reduced \$.40
Breakfast Paid \$2.00, Reduced \$.30

Starts 10/30, 11/13, 11/27, 12/11, 1/08, 1/22

MONDAY

- Chili Cheese Potato & Breadstick
- Chicken Nuggets & Breadstick
- Deli Ham & Cheddar Sandwich
- Pulled Chicken Caesar Salad & Breadstick



TUESDAY

- Turkey & Gravy with Mashed Potatoes & a Dinner Roll
- 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
- Yogurt, String Cheese, & Pretzel



THURSDAY

- Cheeseburger
- 100% Mozzarella Cheese or Pepperoni Pizza
- Sun Butter & Jelly Sandwich
- Fruit & Yogurt Parfait



FRIDAY

- 100% All Beef 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.

Why Should Children and Adults Eat More Plant-Based Foods?

Plant based foods like fruits, vegetables, whole grains and beans can provide a variety of color, texture and taste to your plate, and are also packed with important nutrients to help prevent disease. They each contribute important fiber to your daily diet which helps to fill you up and keep your digestive system healthy. Eating plant-based foods has also been shown to reduce the risk for heart disease, high blood pressure and some cancers. In addition, the added vitamins and minerals in these foods can help keep you energized when properly added to a balanced daily meal plan.

Why do we struggle to get more plant-based foods into our diets? For some people it's lack of familiarity and not understanding how to incorporate them into a daily diet routine. Consider some of the tips below to help you learn how to add these nutrient-filled foods into your family's meal plan. There are also issues of availability in different seasons, as well as convenience. If fresh is not an option for your family, try frozen fruits and veggies, canned fruits in natural juices, or low-sodium canned vegetables and beans as a healthy alternative.



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

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

- Make an online payment to their children's cafeteria meal accounts
- Remotely monitor their children's accounts
- Set up automatic recurring payments
- Set up low balance e-mail message alerts
- And submit an online application for free and/or reduced meals