

The afterschool dinner menus are consistent with the Dietary Guidelines for Americans. We offer protein, whole grains and a variety of fruits and vegetables weekly. In addition we offer 1% plain milk and fat free flavored milk.

MENU SUBJECT TO CHANGE



Fueling Student Performance Through Healthy Dining

by **sodexo**

September 2019

Gustine Unified SD Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	American Sub	Bean and Cheese Burrito	Corn Dog	Turkey & Cheddar Sandwich
	Jicama Fresh Fruit Milk	Cucumber Fresh Fruit Milk	Carrots Fresh Fruit Milk	Sliced Tomatoes Lettuce Fresh Fruit Milk
9	10	11	12	13
Turkey Ham & Cheddar Sandwich	Grilled Cheese Sandwich	Pepperoni or Cheese Pizza	Turkey Hot Dog	Bean and Cheese Burrito
Carrots Sliced Tomatoes Lettuce Fresh Fruit Milk	Broccoli Fresh Fruit Milk	Caesar Salad Fresh Fruit Milk	Salad Fresh Fruit Milk	Corn Fresh Fruit Milk
16	17	18	19	20
Cheeseburger French Fries	American Sub	Bean and Cheese Burrito	Corn Dog	Turkey & Cheddar Sandwich
Sliced Tomatoes Lettuce Fresh Fruit Milk	Jicama Fresh Fruit Milk	Cucumber Fresh Fruit Milk	Carrots Fresh Fruit Milk	Sliced Tomatoes Lettuce Fresh Fruit Milk
23	24	25	26	27
Turkey Ham & Cheddar Sandwich	Grilled Cheese Sandwich	Pepperoni or Cheese Pizza	Turkey Hot Dog	Bean and Cheese Burrito
Carrots Sliced Tomatoes Lettuce Fresh Fruit Milk	Broccoli Fresh Fruit Milk	Caesar Salad Fresh Fruit Milk	Salad Fresh Fruit Milk	Corn Fresh Fruit Milk
30				
Cheeseburger French Fries				
Sliced Tomatoes Lettuce Fresh Fruit				



=Vegetarian

Food items may contain milk

Food Must Be Consumed on Campus

Meal Includes: Three Components

One entrée = two components

1/2 cup Fruit = one component

1/2 cup Vegetable = one component

1 Milk = one component