



**Union School District
DEC/JAN/FEB
Lunch Paid \$3.50, Breakfast Paid \$2.00**

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 12/10, 01/07, 01/21, 02/04

MONDAY

- Pasta Alfredo w Chicken & Breadstick
- Bean & Cheese Burrito
- Turkey & Cheese Wrap
- Protein Pack w Hardboiled Egg

TUESDAY

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

WEDNESDAY

- Orange Chicken & Rice
- Cheddar Cheese Quesadilla
- Chicken Corn Dog
- Pulled Chicken Caesar Salad & Breadstick

THURSDAY

- Crispy Chicken Burger
- 100% Mozzarella Cheese or Pepperoni Pizza
- Sun Butter & Jelly Sandwich
- Fruit & Yogurt Parfait w String Cheese

FRIDAY

- Nachos with Cheese & Refried Beans
- Cheesy Italian Dunkers
- Deli Ham & Cheddar Sandwich
- Crispy Chicken Salad & Roll

Starts Mondays 12/03, 12/17, 01/14, 01/28, 02/11, 02/25

MONDAY

- Spaghetti w Chicken Meatballs
- Hamburger, Cheese Burger, Garden Burger V
- Roasted Turkey & Cheddar Sandwich
- Yogurt, String Cheese, & Soft Baked Pretzel V

TUESDAY

- Turkey & Gravy w Mashed Potatoes & Roll
- 100% Mozzarella Cheese or Pepperoni Pizza V
- American Sub Sandwich
- Vegetarian Taco Salad & Tortilla Chips V

WEDNESDAY

- Baked Potato w Chili & Cheese & Breadstick V
- Crispy Chicken Sandwich
- Deli Ham & Cheddar Sandwich
- Pulled Chicken Caesar Salad & Breadstick

THURSDAY

- Baked Chicken Nuggets & Breadstick
- 100% Mozzarella Cheese or Pepperoni Pizza V
- Sun Butter & Jelly Sandwich w String Cheese
- Fruit & Yogurt Parfait w String Cheese V

FRIDAY

- 100% All Beef Soft Tacos
- Cheesy Italian Dunkers V
- Protein Pack w Sunflower Seeds V
- 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.



Improving Fitness - It's Easier Than You Think!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. The CDC recommends that children and adolescents complete at least 60 minutes (1 hour) or more of physical activity each day. Fitting regular exercise into your daily schedule may seem difficult at first, but your child may already be meeting the Physical Activity Guidelines for Americans. These guidelines are more flexible than ever, giving your family the freedom to reach your physical activity goals through different types and amounts of activities each week.

There are essentially three types of exercise your child should perform each week:

- 1) Aerobic Activity – this should make up most of your child's 60 minutes each day and includes activities like brisk walking, running, swimming, cycling, skateboarding, etc.
- 2) Muscle Strengthening – most children do not need a formal muscle-strengthening program such as weight-lifting because they naturally strengthen their muscles with activities such as gymnastics, tug of war, sit-ups or climbing. As they progress into adolescents, this type of training may be incorporated into their team sports.
- 3) Bone Strengthening – these are activities that are weight bearing, such as running, hop scotch, skipping and tennis. Swimming is not weight bearing.



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 Garbanzo Beans Celery Assorted Fresh Fruit Applesauce Raisins	Caesar Salad Carrots Jicama Green Beans Assorted Fresh Fruit Diced Pears Raisins	Green Salad Broccoli Celery Assorted Fresh Fruit Applesauce Raisins	Caesar Salad Carrots Corn Assorted Fresh Fruit Diced Peaches Raisins	Green Salad Black Beans Carrots or Celery Assorted Fresh Fruit Mixed Fruit in Juice Raisins

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey(ground)
- ¼ c Onion(medium dice)
- ¼ c Bell pepper(medium dice)
- ½ c Celery(sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce(low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce(optional)
- Salt and pepper to taste
- 3 Oranges(peeled/large dice)
- 1 Head of Romaine lettuce(washed/leaves separated)
- ½ c Carrots(shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.



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

Nutrition Information is available upon request.

