



2018

# October



**Monday**  
INSIDE



GALAXY PIZZA  
C 300 F12 SF 4 CHO 33

KIOSK

MINI CHEESE BURGERS  
C 287 F 8.1 SF 3 CHO 34.3

**Tuesday**  
INSIDE

FRENCH BREAD PIZZA  
C 310 F 12 SF 4.5 CHO 34


KIOSK

\*\*ORIENTAL CHICKEN

**Wednesday**  
INSIDE

STUDENT'S CHOICE  
\*SEE CHART →

KIOSK

BEEF TACO STICK  
C 345 F 12.82 SF 8.35 CHO 31.87  
10/31/18 **Pumpkin Cookie**   
C 130 F 4.5 SF 1 CHO 22

**Thursday**  
INSIDE

COOK'S CHOICE  
\*SEE CHART →

KIOSK

CHICKEN TENDERS  
C 250 F 10 SF 1.5 CHO 15

**Friday**  
INSIDE

SPICY CHICKEN SANDWICH  
C 350 F 13 SF 2.5 CHO 42

KIOSK

CORN DOG  
C 238 F 9.2 SF 2.5 CHO 27.8



Choice Of: 1% White Milk, Nonfat Chocolate Milk & Strawberry Milk Offered with every meal.

\*All grains served are Whole Grain Rich (WGR)



Make payments conveniently online at:  
[www.k12paymentcenter.com](http://www.k12paymentcenter.com)

You may apply for  
free or reduced priced meals at:  
[www.lunchapplication.com](http://www.lunchapplication.com)



**Lunch Applications**

- ✓ One must be filled out yearly.
  - ✓ One Lunch Application per household.
  - ✓ Lunch is \$2.25
  - ✓ Breakfast is Free to everyone.
- Questions: (951) 928-2758

OFFERED DAILY INSIDE:

YOGURT/GRANOLA  
C 290 F 4 SF 1.7 CHO 57  
PB & J  
C 300 F 17 SF 3 CHO 32

**\*Student's Choice:**



10/3/18 Pulled Pork Sandwich  
C 333 F 15.34 SF 5.36 CHO 31.55  
10/10/18 Queso Blanco Nachos  
C 258 F 17 SF 6.3 CHO 18  
10/17/18 Build your own Burrito  
C 279 F 8.98 SF 4.59 CHO 34.35  
10/24/18 Mozzarella Sticks  
C 300 F 12 SF 7 CHO 36  
10/31/18 Calzone  
C 410 F16 SF 7 CHO 47

**\*Cook's Choice:**

10/4/18 Chicken Tacos  
C 212 F 4.48 SF .8 CHO 18  
10/11/18 Pork Rib B Que Sandwich & Tater Tots  
C 311 F 9.6 SF 2.4 CHO 38.1  
C 120 F 7 SF 1 CHO 14  
10/18/18 Beef Tostada Boat  
C 302 F 18.05 SF 5.22 CHO 14.28  
10/25/18 Pork Chop & Mashed Potatoes  
C 200 F 8.7 SF 2.6 CHO 16.6  
C 80 F .5 SF 0 CHO 16

**\*\*Orange Chicken**

C 268 F 3.88 SF .68 CHO 43.39

**\*\*Spicy Sichuan Chicken**

C 198 F 2.88 SF .68 CHO 28.39

ALL LUNCHES INCLUDE SALAD BAR  
C=Calories, F=Fat, SF=Saturated Fat, CHO=Carbohydrates  
Menu subject to change without notice