



**Union School District
AUG/SEPT
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 8/12, 8/26, 9/09, 9/23

MONDAY

- 100% All Beef Burger w/Cheese or Garden Burger
- Cheesy Italian Breadsticks
- Protein Pack with Egg
- Roasted Turkey & Cheddar Sandwich

TUESDAY

- All Natural Turkey Hot Dog
- 100% Mozzarella Cheese or Pepperoni Pizza
- Grilled Cheddar Cheese Sandwich
- American Sub Sandwich

WEDNESDAY

- 100% All Beef Teriyaki Dippers & Rice
- Corn Dog
- Sun Butter & Jelly Sandwich w String Cheese
- Pulled Chicken Caesar Salad & Breadstick

THURSDAY

- Crispy Chicken Burger
- 100% Mozzarella Cheese or Pepperoni Pizza
- Tuna Salad Sandwich
- Crispy Chicken Salad & Roll

FRIDAY

- Chicken Tenders & Breadstick
- Baked Mac & Cheese
- Deli Ham & Cheddar Sandwich
- Fruit & Yogurt Parfait

Starts Mondays 8/19, 9/02, 9/16, 9/30

MONDAY

- Breakfast for Lunch
- Hot Deli Ham & Cheese on a Bun
- Roasted Turkey & Cheddar Sandwich
- Yogurt, String Cheese, & Soft Baked Pretzel

TUESDAY

- Baked Chicken Nuggets
- 100% Mozzarella Cheese or Pepperoni Pizza
- American Sub Sandwich
- Protein Pack with Sunflower Seeds

WEDNESDAY

- Bean & Cheese Enchirito
- Honey BBQ Pork Rib on a Bun
- Deli Ham & Cheddar Sandwich
- Pulled Chicken Caesar Salad & Breadstick

THURSDAY

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

FRIDAY

- Pulled Chicken Soft Tacos
- Crispy Chicken Sandwich
- Beefy Macaroni with 100% Beef & Roll
- Hearty Garden 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.



Start the Year with a Smart Lunch

A "Smart Lunch" is one that takes into consideration the taste preferences of kids but also packs all the nutrition a child needs to learn and grow. Although it seems simple, proper meal planning can be tough. Building a healthy lunch means filling up on fruits and vegetables, as well as lean proteins and wholesome grains. This balanced approach to eating is consistent with the National School Lunch meal planning guidelines where children are encouraged to select foods from all foods groups, at least 50% or more of the grains are whole grain rich and students are required to take at least ½ cup of fruits or vegetables. Planning meals this way helps ensure students are:

1. Getting the right mix of nutrients to promote good health and focus in the classroom.
2. Eating enough fiber every day.
3. Reducing their intake of added fats, sugars and sodium.
4. Filling up their bellies and feeling satisfied after a meal without over-doing it with too many unnecessary calories.

Take a moment to review the school lunch menu with your children and talk about what food choices would be best for their lunch. If you have questions about the meal program, please contact your school foodservice manager. We look forward to helping ensure your child is satisfied, nourished and ready to achieve!



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

PINEAPPLE SALSA
(SERVES 6)

- 2 1/2 cups pineapple tidbits (drained)
- 1/2 cup green bell pepper (chopped)
- 1/4 cup red onion (chopped)
- 1/2 cup cilantro (chopped)
- 1/2 cup jalapeño pepper (drained and chopped)

Lime Dressing

- 1 tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper (ground)

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and pat dry. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapeños.
5. Whisk together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapeños with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

NUTRITION FACTS:
70 calories, 1g fat,
20mg sodium, 1g 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

Nutrition Information is available upon request.

