



February 2019



Monday
INSIDE

REAL SLICE PEPPERONI PIZZA
C 270 F10 SF 3.5 CHO 32

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

CALZONE
C 410 F 16 SF 7 CHO 47

Thursday
INSIDE

COOK'S CHOICE
*SEE CHART →

KIOSK

CORN DOG
C 238 F 9.2 SF 2.5 CHO 27.8

Friday
INSIDE

SPICY CHICKEN SANDWICH
C 350 F 13 SF 2.5 CHO 42

KIOSK

BEEF TACO STICK
C 345 F 12.82 SF 8.35 CHO 31.87



2/15/19: Lincoln Day Observed
2/18/19: President's Day Observed



*All grains served are Whole Grain Rich (WGR)



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:**

2/6/19 Pulled Pork Sandwich
C 333 F 15.34 SF 5.36 CHO 31.55
2/13/19 Mozzarella Sticks
C 300 F 12 SF 7 CHO 36
2/20/19 Queso Blanco Nachos
C 258 F 17 SF 6.3 CHO 18
2/27/19 Chicken Fajita
C 212 F 5.98 SF 1.8 CHO 24.6

***Cook's Choice:**

2/7/19 Chicken Tacos
C 212 F 4.48 SF .8 CHO 18
2/14/19 Valentine Chicken Nuggets & Oven Fries
C 250 F 14 SF 3.5 CHO 15
C 160 F 5.3 SF 1.3 CHO 25.3
Valentine Cookie
C 120 F 6 SF 1.5 CHO 16
2/21/19 Beef Tostada Boat
C 302 F 18.05 SF 5.22 CHO 14.28
2/28/19 Pork Chop & Mashed Potatoes
C 200 F 8.7 SF 2.6 CHO 16.6
C 80 F .5 SF 0 CHO 16



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

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

Make payments conveniently online at:
www.k12paymentcenter.com

You may apply for free or reduced priced meals at:
www.lunchapplication.com



**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