



**Union School District
OCT/NOV
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 10/01, 10/15, 10/29, 11/12, 11/26

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 10/08, 10/22, 11/05

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.



Commit to Making Every Monday A Healthier Start to the Week

Monday symbolizes the beginning of each week, a fresh start and the opportunity to begin something new. Much like when people make a New Year's resolution, people tend to use Monday as a day dedicated to health. A healthier start on a Monday often means a healthier week will follow.

To help students, staff and families create and maintain healthier behaviors, My Mondays, Sodexo's new educational campaign, will help promote healthy eating, physical activity, cooking and sustainable, earth-friendly behaviors.

This initiative has been modeled after the Mondays Campaign, which is a non-profit public health initiative associated with Johns Hopkins, Columbia and Syracuse Universities that dedicates the first day of every week to health. Every Monday, individuals and organizations across the globe join together to commit to the healthy behaviors that can help end chronic preventable diseases.

For more information on the Mondays Campaign, please visit <http://www.mondaycampaigns.org/>.



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 Jicams 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

MUSHROOMS AND SNAP PEAS
(SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon canola/olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2".
2. In a non-reactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

NUTRITION FACTS:
138 calories, 4g fat,
161mg sodium, 7g 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.

