



# Atwater Elementary SD Secondary Menu January 2019

Select your favorite entrée and seasonal fruits & vegetables from the Garden Bar, Thursdays feature all locally grown

	Monday	Tuesday	Wednesday	Thursday	Friday
	Turkey Gravy & Mashed Potatoes with Breadstick	Parfaits	Popcorn Orange Chicken w/Rice	Chicken Tenders & Biscuit	Rib B Que Sandwich & French Fries
	Spicy Chicken Sandwich	BBQ Beef Cheeseburger	Corn Dog	BBQ Beef Cheeseburger	Crispy Chicken Sandwich
	Beef Soft Taco	Beef & Cheese Nachos	Taco Salad w/Tortilla Chips	Bean & Cheese Nachos	Enchilada
	Hawaiian Pizza Cheese Pizza	French Bread Pepperoni Pizza	Pepperoni Pizza Cheese Pizza	Sausage Pizza Cheese Pizza	French Bread Pepperoni Pizza
	Turkey & Cheese Sub Sandwich Chicken Caesar Salad & Breadstick	American Combo Sub Protein Pack	Ham & Cheese Sub Sandwich Buffalo Chicken Salad	American Combo Sub Chicken Caesar Salad & Breadstick	Buffalo Chicken Wrap Grilled Cheese Sandwich
We offer a variety of fresh garden A Reimbursable Lunch Includes 1/2 cup of Fruit and/or Vegetable .	Raisins Mixed Fruit Garden Salad Baby Carrots Green Beans Celery Sticks	Raisins Applesauce Caesar Salad Black Beans Baby Carrots Green Peas	Raisins Diced Peaches Garden Salad Cherry Tomato Cucumber Slices Garbanzo Beans	Raisins Diced Apricots Caesar Salad Pinto Beans Baby Carrots Corn	Raisins Diced Pears Garden Salad Baby Carrots Broccoli Cherry Tomatoes
Breakfast: Includes Fresh Fruit & Milk Assorted Cereals w/Graham Crackers or Sun-flower Seeds Served Daily	Belgian Waffle & Sausage Patty Bagel & Cream Cheese Benefit Bar	Egg & Cheese Breakfast Sandwich w/Tator Tots Breakfast Pizza Cinnamon Bun	Pancakes Breakfast Burrito Muffin & Graham Crackers	Sausage on a Biscuit w/Tator Tots Banana or Zucchini Bread Yogurt Parfait	French Toast Sticks & Sausage Patty Ultimate Breakfast Round Benefit Bar



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

For menu nutritional information and foods containing common food allergens

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