



# August - September 2007



www.sausd.k12.ca.us/departments/food\_services/

ELEMENTARY BREAKFAST MENU					<b>.75 CENTS</b>
Served every morning before school					or free to those who qualify
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Assorted Cereal served daily			Aug 30 Assorted Cereal	Aug 31 1 Breakfast Pizza Bagel 2 Pan Dulce	
Sep 3 <b>LABOR DAY</b>	4 1 Pancake and Sausage on a Stick 2 Strawberry Yogurt	5 1 French Toast w/Syrup 2 Sunflower Kernels w/String Cheese	6 1 Bean Burrito 2 Sweet Potato Muffin	7 1 English Muffin, Ham Cheese 2 PB and Jelly Bar	
10 1 Bagel w/Cream Cheese 2 Cereal Bar	11 1 Breakfast Dog 2 Strawberry Banana Yogurt	12 1 Pancakes and Sausage w/Syrup 2 Crackers w/Cheese	13 1 Breaded Mozzarella Cheese Sticks 2 Chocolate Chip Muffin	14 1 Breakfast Pizza 2 Pan Dulce	
17 1 Pepperoni Pizza Pocket 2 Apple Oatmeal Bar	18 1 Quesadilla: Cheese, Egg, Turkey Sausage 2 Strawberry Yogurt	19 1 Waffle Sticks w/Syrup 2 Crackers w/Peanut Butter	20 1 Egg, Cheese, Potato Burrito 2 Apple Cinnamon Muffin	21 1 English Muffin, Ham Cheese 2 PB and Jelly Bar	
24 1 Cinnamon Raisin Bagel w/Cream Cheese 2 Cereal Bar	25 1 Warm Cheese Bread 2 Strawberry Banana Yogurt	26 1 Mini Chocolate Chip Pancakes w/Syrup 2 Crackers w/Cheese	27 1 Bean Burrito 2 Pan Dulce	28 1 Cook's Choice 2 Apple Slices w/ Peanut Butter	
Choice of one (1) Entrée ( <i>three selections available daily</i> )					
Choice of one (1) Fresh or Packaged Fruit					
100% Fruit Juice 1% Low-fat Milk					

Menu is subject to change due to unforeseen circumstances. Entrée choices are not guaranteed throughout the entire meal service.

ELEMENTARY LUNCH MENU					<b>\$ 1.25</b>
Served every school day (including modified days)					or free to those who qualify
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<i>Two entrees offered every day!</i>			Aug 30 Chicken Giggles* w/Potato Smiles	Aug 31 Pepperoni Calzone	
Sept 3 <b>LABOR DAY</b>	4 Teriyaki Beef Dippers w/Rice	5 Hot Dog* Kettle Corn Crunchies	6 Spaghetti w/Meat Sauce	7 Cheeseburger Mini's*	
10 Chicken Nuggets* w/Corn	11 Taco Quesadilla Bites Belly Bears	12 Hamburger*	13 Grilled Chicken Salad, w/Light Ranch, Crackers	14 Taco Chalupa*	
17 Rotisserie Chicken w/Corn	18 Turkey w/Gravy Mashed Potatoes Super Star Grahams	19 Hot Dog*	20 Macaroni and Cheese (Reduced Fat Recipe)	21 Pepperoni Pizza Pockets	
24 Popcorn Chicken* w/Oven Fries	25 Shredded BBQ Turkey Sandwich (Hot) Goldfish Crackers	26 Hamburger*	27 Garden Salad, w/Diced Ham, Light Ranch, Crackers	28 Cook's Choice	
<i>Choose an Entrée from above or Vegetarian below</i>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Grilled Cheese (Reduced Fat, Whole Grain)	Xtreme-Bean Burrito*	Double Stuff Pizza (Reduced Fat, Whole Grain)	Peanut Butter and Jelly Uncrustable	Yogurt, Sunflower Kernels, Super-Star Grahams	
Choice of one (1) Entrée ( <i>two selections available daily</i> )					
Choice of two (2) Fruit/Vegetables ( <i>minimum of 4 fruits and vegetables offered daily</i> )					
1% Low-fat Milk or Non-fat Chocolate Milk					
*Condiments Offered: Ketchup, BBQ Sauce, Mustard, Taco Sauce					

### \$\$\$ CONVENIENT PRE-PAYMENT METHODS \$\$\$

Pre-payments are accepted for Breakfast and Lunch. Pre-payments will be deposited into student meal account. Purchases will be deducted from account balance. Deposit by check (made payable to: Food 4 Thought) or cash or money order at your student's school cafeteria or mail to: Food 4 Thought at 1749 E. Carnegie, Santa Ana, CA 92705 (do not mail cash). Include your student's I.D. number. Monthly deposits are suggested.

**SEPTEMBER NEWS:**

*Note: Free and Reduced meal status from 2006-07 will expire September 28!*

2007-08 applications for Free and Reduced Price meals will be distributed to all students during the first week of instruction.

**Complete ONE (1) application per family.** For questions or assistance, call 431-1900.

The Food 4 Thought office is located at 1749 E. Carnegie Ave. Santa Ana, CA 92705. Our office will be open extended hours to provide assistance by phone and in person on the following dates:

Hours: 7:00 am – 1:00 pm  
Saturday's:  
September 8, 15, 22

Hours: 6:30 am – 7:00 pm  
Wednesday's  
September 5, 12, 19, 26

**Part-time cafeteria workers needed (2 – 3 hours). Call 431-1900 for information.**

MEET THE SCHOOL NUTRITION DIETITIAN, **Maria Galvan R.D.**, at the SANTA ANA FARMERS' MARKET: **Wednesday, Sept 12, 3:00 – 6:00.** Corner of Bush and 3<sup>rd</sup>, Downtown. Featuring healthy recipe demonstration and samples.

Vote for your favorite school lunch at [www.VoteForSchoolLunch.org](http://www.VoteForSchoolLunch.org)

**Let's Eat Right** Take charge of what you put in your body.