

KID'S CHOICE CAFÉ MENUS

Begins September 8, 2009 - "Menu subject to change"

LUNCH only \$2.00

Select one entrée and one or more selections from the **salad bar** containing a variety of fresh and canned fruits, vegetables, dressings and other side dishes. Milk is available at each meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mozzarella Breadsticks ♦	Macaroni and Cheese ♦	Cheese Pizza ♦	Bean and Cheese Burrito ♦	Pizza Bagel ♦
Teriyaki Chicken w/Asian Vegetables	Turkey Hot Dog	Beef Teriyaki Nuggets w/Rice	Chicken Patty Sandwich	Shrimp Poppers
All American Cheeseburger	Chicken Nuggets	Mini Turkey and Cheese Sub	Spaghetti & Meat Sauce	Beef and Cheese Gordita
				♦ Meatless Entree

BREAKFAST only \$1.00

Select one entrée and one or more selections from the **breakfast bar** containing a variety of fruits. Milk is available each meal.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Pancakes w/Syrup	Chorizo and Egg Burrito*	Waffle Sticks w/Syrup	Breakfast Sandwich	Breakfast Bean & Cheese Burrito
Week 2	Waffles w/Syrup	Breakfast On a Stick*	Mozzarella Breadstick	Scrambled Eggs & Potato Rounds	Cheese Quesadilla



Assorted cereal with graham crackers or yogurt with graham crackers offered daily as an entrée choice.

*Chorizo and Egg Burrito contains beef chorizo; Breakfast on a Stick contains turkey sausage. All other breakfast entrées are meatless.

BREAKFAST IN THE CLASSROOM (at participating schools)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Grilled Cheese Sandwich Berry Juice	Cheerios Graham Crackers Apple Juice	Egg Frittata w/Turkey Sausage Grapes	Cinnamon Bageler Apple Slices	Breakfast Bean & Cheese Burrito Orange Juice
Week 2	Breakfast Wrap Fruit Cup	String Cheese Vanilla Graham Crackers Berry Juice	Pancake & Chicken Sausage Sandwich Apple Slices	Rice Krispies Jungle Crackers Apple Juice	Breakfast Hot Pocket Fruit Cup
Week 3	Egg Frittata w/Turkey Sausage Fruit Cup	Fruit Yogurt Graham Crackers Orange Juice	Breakfast Bean & Cheese Burrito Grapes	Cheerios Goldfish Graham Berry Juice	Grilled Cheese Sandwich Apple Slices
Week 4	Pancake & Chicken Sausage Sandwich Apple Juice	Blueberry Loaf Apple Slices	Breakfast Hot Pocket Fruit Cup	String Cheese Vanilla Graham Crackers Orange Juice	Breakfast Wrap Fruit Cup

Milk included with every breakfast

<p>How to Prepay for School Meals</p> <p>Breakfast: - \$ 1.00 - Lunch - \$2.00</p> <p>PREPAY BY CREDIT CARD</p> <p>Prepay for meals by MasterCard, VISA or Discover Card using the PayPAMS meal payment system. Call 1 888 994-5100 (automated phone system) or visit our website at www.sandi.net/food and select the link <i>pre-payment for meals</i>, or www.paypams.com. To set up an account you will need your child's student ID number.</p> <p>PREPAY AT SCHOOL-CASH OR CHECK</p> <p>Put cash or checks made payable to your child's school cafeteria account in a sealed envelope. Write your child's name, birth date and teacher's name on the envelope.</p>	 <p>School Meals are the Right Choice</p> <p>SDUSD Food Services follows SHAPE California (Shaping Health as Partners in Education) guidelines for menu planning. These healthy eating guidelines are even more strict than those of the USDA. Meals are computer analyzed and provide 1/3 of the Recommended Daily Allowances (RDA). The SHAPE program insures that less than 30% of calories come from fat and that whole-grains, fresh fruits and vegetables are included in the meal. School meals are the healthy choice for every student.</p>	<p>Looking for a job?</p> <p>Join the Food Services Team at your neighborhood school.</p> <ul style="list-style-type: none"> > Enjoy part time work near home > Enjoy working with school-age children > Become a part of our excellent Food Services team  <p>Starting Pay: \$ 9.65 an hour</p> <p>Call 858 627-7321</p>
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