



Clifford—Ford—Selby Lane School

Lunch Menu

November 2017

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. **Locally-grown items are offered whenever seasonally-available.** rBST hormone free low-fat or fat-free milk is included with all meals. A meal includes an entrée, fruit and vegetable selection and milk. All bread products are whole grain and all featured menu items contain zero trans fat.

		Wednesday 11-1	Thursday 11-2	Friday 11-3
		Crunchy Beef Tacos with Spanish Rice or Black Bean Tacos Protein Pack Sunflower Seed Spread & Jelly Sandwich w/ String cheese	New York Cheese Pizza New York Pepperoni Pizza Sunflower Seed Spread & Jelly Sandwich w/ String cheese	Spaghetti with Meat Sauce or Marinara & Parmesan Cheese Sauce Tamale All Natural Turkey & Cheese Sandwich
Monday 11-6	Tuesday 11-7	Wednesday 11-8	Thursday 11-9	Friday 11-10
Macaroni and Cheese Chicken Tenders with Oven Potato Fries All Natural Turkey-Ham & Cheese Sandwich	Bean and Cheese pupusa Chicken Burger Sunflower Seed Spread & Jelly Sandwich w/ String cheese	Cheeseburger Italian Dunkers All Natural Turkey-Ham & Cheese Sandwich	New York Cheese Pizza New York Pepperoni Pizza Sunflower Seed Spread & Jelly Sandwich w/ String cheese	NO SCHOOL
Monday 11-13	Tuesday 11-14	Wednesday 11-15	Thursday 11-16	Friday 11-17
Hot Dog with Tater Tots Italian Dunkers All Natural Turkey-Ham & Cheese	Flat Bread Pizza Chicken Burger All Natural Turkey-Ham & Cheese Sandwich	COOKIE DAY! Crunchy Beef Tacos with Spanish Rice or Black Bean Ta Protein Pack Sunflower Seed Spread & Jelly Sandwich w/ String cheese	New York Cheese Pizza New York Pepperoni Pizza Sunflower Seed Spread & Jelly Sandwich w/ String cheese	Spaghetti with Meat Sauce or Marinara & Parmesan Cheese Sauce Tamale All Natural Turkey & Cheese Sandwich
Monday 11-20	Tuesday 11-21	Wednesday 11-22	Thursday 11-23	Friday 11-24
		Thanksgiving Break No School		
Monday 11-27	Tuesday 11-28	Wednesday 11-29	Thursday 11-30	
Macaroni and Cheese Chicken Tenders with Oven Potato Fries All Natural Turkey-Ham & Cheese Sandwich	Bean and Cheese pupusa Chicken Burger Sunflower Seed Spread & Jelly Sandwich w/ String cheese	Cheeseburger Italian Dunkers All Natural Turkey-Ham & Cheese Sandwich	New York Cheese Pizza New York Pepperoni Pizza Sunflower Seed Spread & Jelly Sandwich w/ String cheese	

LOCAL
 FRESH
 CLEAN
 VEGETARIAN

Menu is subject to change.
 This institution is an equal opportunity provider.



WHAT IS THINK [CA]?

Think [CA] is Sodexo's commitment to communicating to our students, parents, administration and communities that we are your partners in nurturing students by empowering them to think about their nutritional choices and choose to eat well.

The project is designed to get individuals (of all ages) to STOP and THINK California! Think about the unique qualities associated with the state and our foodservice programs. This includes, whenever possible, to feature items that are made from scratch, selections with a short ingredient list and/or no artificial additives and to use locally-grown and produced ingredients. **Think [CA]** visualizes our promise to promote student achievement while improving the quality of life and overall well-being of the students, families and communities we serve.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

WHAT DO THE ICONS MEAN?

As major focus of **Think [CA]** is to help students make nutritionally sound choices. To assist in this effort, we have created three color-coded graphic icons to correlate with the key initiatives we are emphasizing throughout our California accounts. In addition to a distinct color, each icon features a simple graphic and key word that visually communicates the meaning of the icon.



Food options that utilize locally-grown or produced ingredients.



Food options that are made from scratch.



Food options with a short ingredient list and/or no artificial additives.

BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes	French Toast Sticks	Belgian Waffle	Cinnamon Bun	Breakfast Pizza
Bagel and Cream Cheese	Apple Frudel	Bagel and Cream Cheese	Apple Frudel	Bagel and Cream Cheese
Banana Bread or Fresh Baked Muffin	Banana Bread or Fresh Baked Muffin	Banana Bread or Fresh Baked Muffin	Banana bread or Fresh Baked Muffin	Banana Bread or Fresh Baked Muffin
Cereal and Graham Crackers	Cereal and String Cheese	Cereal and Graham Crackers	Cereal and String Cheese	Cereal and Graham Crackers
Fresh Fruit and Raisins	Fresh Fruit and Raisins	Fresh Fruit and Raisins	Fresh Fruit and Raisins	Fresh Fruit and Raisins

For Breakfast:

- Students must take 3 items. 1 item must be a fruit or juice.
- Students can have breakfast before school or at recess but not at both times.
 - Students can have only one breakfast per day.

Additional Items Offered for Breakfast Daily!

- **Breakfast Meals also include:** 100% Fruit Juice, Fresh Fruit and a variety of Milk.

Student Breakfast - Price: \$2.00

Student Lunch - Price: \$3.00

Online Payments can be made at: ezschoolpay.com

FROM THE GARDEN

FRESH FRUITS & VEGGIES OFFERED DAILY AT LUNCH

Apples, Oranges, Pears, Raisins, Persimmons, Strawberries, Fresh Grapes, Garbanzo or Black Beans, Cucumbers, Corn, Carrot Sticks, Jicama, Fresh, including Fresh Salsa, & Caesar Salad.

Each Student must select 1/2 cup of fruit or vegetables.

The Child Nutrition Services Department encourages parents to prepay for school meals so we can serve your students faster in the cafeteria. Please pay online at ezschoolpay.com or at the school cafeteria.

For questions or concerns contact Anna Lague at alague@rcsdk8.net 650-423-2226