



Clifford—Ford—Selby Lane School

Lunch Menu

December 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.

| | | | | Friday 12-1 |
|---|---|---|--|---|
| | | | | Posole with Tortilla Chips Baked Corn Dog Sunflower Seed Spread & Jelly Sandwich W/ String cheese |
| Monday 12-4 | Tuesday 12-5 | Wednesday 12-6 | Thursday 12-7 | Friday 12-8 |
| Hot Dog with Tater Tots Italian Dunkers All Natural Turkeyham & Cheese Sandwich | French Bread Pizza Chicken Burger Sunflower Seed Spread & Jelly Sandwich W/ String cheese | Crunchy Beef Tacos or Black Bean Tacos with Spanish Rice Protein Pack All Natural Turkeyham & Cheese Sandwich | NY Cheese Pizza New York Pepperoni Pizza Sunflower Seed Spread & Jelly Sandwich W/ String cheese | Spaghetti with Meat Sauce Tamale All Natural Turkey & Cheese Sandwich |
| Monday 12-11 | Tuesday 12-12 | Wednesday 12-13 | Thursday 12-14 | Friday 12-15 |
| Italian Pasta Bake Chicken Tenders with Oven Potato Fries All Natural Turkeyham & Cheese Sandwich | Bean & Cheese Pupusa Chicken Burger Sunflower Seed Spread & Jelly Sandwich W/ String cheese | Cheeseburger Italian Dunkers All Natural Turkeyham & Cheese Sandwich | NY Cheese Pizza New York Pepperoni Pizza Sunflower Seed Spread & Jelly Sandwich W/ String cheese | Posole with Tortilla Chips Baked Corn Dog Sunflower Seed Spread & Jelly Sandwich W/ String cheese |
| Monday 12-18 | Tuesday 12-19 | Wednesday 12-20 | Thursday 12-21 | Friday 12-22 |
| Hot Dog with Tater Tots Italian Dunkers All Natural Turkeyham & Cheese Sandwich | French Bread Pizza Chicken Burger Sunflower Seed Spread & Jelly Sandwich W/ String cheese | Cookie Day! Crunchy Beef Tacos or Black Bean Tacos with Spanish Rice Protein Pack Sunflower Seed Spread & Jelly Sandwich W/ String cheese | NY Cheese Pizza New York Pepperoni Pizza Sunflower Seed Spread & Jelly Sandwich W/ String cheese | Baked Corn Dog Sunflower Seed Spread & Jelly Sandwich W/ String cheese |
| Monday 12-25 | Tuesday 12-26 | Wednesday 12-27 | Thursday 12-28 | Friday 12-29 |
| | Winter Break | | | |
| | | | | |

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 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, Fresh Grapes, Persimmons, Strawberries, 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