

# Hollister School District – Elementary Cycle

## Student Nutrition Department



Hollister School District

### MEAL PRICING:

|                     |        |
|---------------------|--------|
| Lunch Full Price    | \$2.50 |
| Reduced Lunch Price | \$0.00 |
| Milk Only           | \$0.50 |

## LUNCH Menu

January-July 2017

| WEEK     | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|----------|--|--|---|--|---|
| <b>1</b> | Asian Chicken Nuggets OR Fiesta Burrito, <b>Corn</b> , Fruit, Milk Go-Gurt     | Chilli Cheese Dogs OR Bread Sticks w/dipping sauce, Fruit Side Salad, Milk, SideKicks  | Nacho Supreme OR Beef Taco Stick, <b>Cauliflower</b> , Fruit, Milk            | Chicken Nuggets/Mini Corndogs OR Corn Dogs, <b>Carrot Sticks</b> , Fruit, Milk | Hot Dog OR Cheeseburger Sliders, <b>Baked Beans</b> , Fruit, Milk               |
| <b>2</b> | Macaroni & Cheese OR Asian Rice Bowl, Broccoli w/Ranch, Fruit, Milk            | <b>Cook's Choice</b>   | Char-Broiled Cheeseburger OR Uncrustable Sandwich, <b>3 Bean Salad</b> , Milk | Sub Sandwich OR Pizza Pocket, <b>Jicama</b> , Fruit, Milk                      | Chicken Patty Sandwich OR Asian Chicken Nuggets <b>Fruitables Juice</b> Oranges |
| <b>3</b> | Fish Sticks w/Potato OR Chicken Tender w/Potato <b>Baked Beans</b> Fruit, Milk | Orange Chicken OR Chicken Egg Roll, "Fried Rice" <b>Carrots</b> , Fruit, Go-Gurt, Milk | Various Sandwich OR Beef Taco Stick, Corn, Fruit, Milk                        | Chicken Drumsticks w/Potatoes OR Enchilada, <b>Cauliflower</b> w/Ranch, Fruit  | Pasta Bake OR Macaroni & Cheese, <b>Side Salad</b> , Fruit, Go-Gurt, Milk       |
| <b>4</b> | <b>Cook's Choice</b>   | Chicken Nuggets OR Chicken Fillet, <b>Jicama</b> , Fruit, Milk                         | Chef's Salad OR Rib Sandwich, <b>Fruitable Veggie Juice</b> , Fruit, Milk     | Chicken Fillet OR Taco Nada, <b>Refried Beans</b> , Fruit, Milk, Side Kick     | Chicken Alfredo OR French Bread Pizza, <b>Cucumber Coins</b> , Fruit, Milk      |

We offer 1% or Fat Free White Milk OR Fat Free Chocolate Milk with each Lunch

### Pizza Days:

1<sup>st</sup> Friday – Calaveras/AAA

2<sup>nd</sup> Friday – Cerra Vista & Sunnyslope

3<sup>rd</sup> Friday – R O Hardin/HP

4<sup>th</sup> Friday – Ladd Lane & Gabilan Hills/Dual Language Academy



### NUTRITION BITES:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Remember to choose a minimum of **1/2 cup Fruit** And/OR **1/2 cup of Vegetables** with each lunch.
- Choose wisely – Drink MILK to build bone mass!

January 2017

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

February 2017

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 |    |    |    |    |

March 2017

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

April 2017

|       |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| S     | M  | T  | W  | T  | F  | S  |
|       |    |    |    |    |    | 1  |
| 2     | 3  | 4  | 5  | 6  | 7  | 8  |
| 9     | 10 | 11 | 12 | 13 | 14 | 15 |
| 16    | 17 | 18 | 19 | 20 | 21 | 22 |
| 23/30 | 24 | 25 | 26 | 27 | 28 | 29 |

May 2017

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

June 2017

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| S  | M  | T  | W  | T  | F  | S  |
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |    |

July 2017

|       |       |    |    |    |    |    |
|-------|-------|----|----|----|----|----|
| S     | M     | T  | W  | T  | F  | S  |
|       |       |    |    |    |    | 1  |
| 2     | 3     | 4  | 5  | 6  | 7  | 8  |
| 9     | 10    | 11 | 12 | 13 | 14 | 15 |
| 16    | 17    | 18 | 19 | 20 | 21 | 22 |
| 23/30 | 24/31 | 25 | 26 | 27 | 28 | 29 |
| 0     | 1     |    |    |    |    |    |

■ Week 1 Meal Plan   
 ■ Week 2 Meal Plan   
 ■ Week 3 Meal Plan   
 ■ Week 4 Meal Plan

1. 2015-2020 Dietary Guidelines for Americans
2. USDA. MyPlate.gov. <http://www.myplate.gov>.

Menu is subject to change without notice  
 USDA is an equal opportunity provider and employer