### Elements of the School Menu

**San Juan Unified School District**

**January 2015**

**Elementary Hot Breakfast $1.75**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| Menus subject to change.  
*CContains pork products.*  
Canned fruits are in juice or light syrup. | Each meal is served with a choice of 1% Low-Fat Plain or Non-Fat Chocolate milk.  
Flavored milk has been reformulated to reduce sugar and eliminate high fructose corn syrup. | Check for current open Food Service Worker positions at [www.edjoin.org](http://www.edjoin.org) | --HAPPY NEW YEAR--  
-NO SCHOOL- | --WINTER BREAK--  
-NO SCHOOL- |

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<th>6</th>
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</thead>
</table>
| Bagel  
Cream Cheese  
Cereal Bowl Variety  
Applesauce  
Turkey Bacon  
Milk, Plain Lowfat  
Milk, Nonfat Chocolate | Whole Grain Biscuits  
Cereal Bowl Variety  
Pork Sausage Patty*  
Mixed Fruit Cocktail  
Canned Pears  
Sausage Patty  
Milk, Plain Lowfat  
Milk, Nonfat Chocolate | Curb Square & String Cheese  
Cereal Bowl Variety  
Pork Sausage Patty*  
Canned Pears  
Plain Lowfat  
Milk, Nonfat Chocolate | Cinnamon Glazed Pancakes  
Cereal Bowl Variety  
Pineapple Tidbits  
Canned Pears  
Milk, Plain Lowfat  
Milk, Nonfat Chocolate  
Pancake Syrup Cup | Yogurt Parfait  
Cereal Bowl Variety  
Pineapple Tidbits  
Canned Pears  
Milk, Plain Lowfat  
Milk, Nonfat Chocolate |

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<th>12</th>
<th>13</th>
<th>14</th>
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</thead>
</table>
| Chocolate Chip Granola Bar  
Cereal Bowl Variety  
Applesauce  
Mixed Fruit Cocktail  
Milk, Plain Lowfat  
Milk, Nonfat Chocolate | Breakfast Sandwich: Ham, Egg,  
& Cheese  
Cereal Bowl Variety  
Mixed Fruit Cocktail  
Canned Pears  
Sausage Patty  
Milk, Plain Lowfat  
Milk, Nonfat Chocolate | French Toast Sticks  
Cereal Bowl Variety  
Turkey Bacon  
Seasonal Fresh Fruit  
Canned Pears  
Plain Lowfat  
Milk, Nonfat Chocolate  
Pancake Syrup Cup | Bagel  
Cream Cheese  
Cereal Bowl Variety  
Applesauce  
Mixed Fruit Cocktail  
Canned Pears  
Plain Lowfat  
Milk, Nonfat Chocolate  
Pancake Syrup Cup | Pancake Sausage Roll-Up*  
Cereal Bowl Variety  
Mixed Fruit Cocktail  
Sausage Patty  
Milk, Plain Lowfat  
Milk, Nonfat Chocolate  
Pancake Syrup Cup |

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<tr>
<th>19</th>
<th>20</th>
<th>21</th>
<th>22</th>
<th>23</th>
</tr>
</thead>
</table>
| --MARTIN LUTHER KING JR BIRTHDAY--  
-NO SCHOOL- | Breakfast Pizza  
Cereal Bowl Variety  
Pineapple Tidbits  
Plain Lowfat  
Milk, Nonfat Chocolate | Muffin Variety  
Cereal Bowl Variety  
Applesauce  
Mixed Fruit Cocktail  
Plain Lowfat  
Milk, Nonfat Chocolate | Yogurt Parfait  
Cereal Bowl Variety  
Mixed Fruit Cocktail  
Sausage Patty  
Plain Lowfat  
Milk, Nonfat Chocolate  
Pancake Syrup Cup | Corn Star & String Cheese  
Cereal Bowl Variety  
Pineapple Tidbits  
Mixed Fruit Cocktail  
Milk, Plain Lowfat  
Milk, Nonfat Chocolate |

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<th>26</th>
<th>27</th>
<th>28</th>
<th>29</th>
<th>30</th>
</tr>
</thead>
</table>
| Cinnamon Glazed Pancakes  
Cereal Bowl Variety  
Mixed Fruit Cocktail  
Milk, Plain Lowfat  
Milk, Nonfat Chocolate  
Pancake Syrup Cup | Breakfast Sandwich: Ham, Egg,  
& Cheese  
Cereal Bowl Variety  
Mixed Fruit Cocktail  
Canned Pears  
Plain Lowfat  
Milk, Nonfat Chocolate | Whole Grain Biscuits  
Cereal Bowl Variety  
Pork Sausage Patty*  
Mixed Fruit Cocktail  
Canned Pears  
Plain Lowfat  
Milk, Nonfat Chocolate | Chocolate Chip Granola Bar  
Cereal Bowl Variety  
Pineapple Tidbits  
Mixed Fruit Cocktail  
Plain Lowfat  
Milk, Nonfat Chocolate | Curb Square & Yogurt  
Cereal Bowl Variety  
Pineapple Tidbits  
Mixed Fruit Cocktail  
Plain Lowfat  
Milk, Nonfat Chocolate |

Free and Reduced-Priced Meals are available by applying online at [http://nutrition.sanjuan.edu](http://nutrition.sanjuan.edu)

Paper applications are also available at: San Juan Central Office, Nutrition Services Office, School Offices & Cafeterias.

Questions about Meal Applications? Call: 916-971-7035

Meals may be pre-purchased online at: [www.myschoolbucks.com](http://www.myschoolbucks.com)

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