

March 2021 SFSP K-12 Hybrid Combo A Lunch Menu (with options for In-School (Hot, Hot Vegetarian & Cold) & Virtual (Cold Distant Bundle))

|              | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--------------|--|--|--|---|---|
| Hot Lunch    | <b>Meatball Sub w/ Mozzarella Cheese</b><br>WG Bun<br>Cool Ranch Doritos<br>Steamed Corn<br>Fruit of the Day / Milk (OVS)              | <b>Sweet &amp; Sour Chicken</b><br>Seasoned Rice<br>Crisp Salad & Homemade Dressing<br>Fruit of the Day<br>Fortune Cookie & Milk (OVS)                                   | <b>Hearty Walking Beef Taco</b><br>Nacho Cheese Chips & Homemade Taco Meat, Shredded Cheese<br>Cheesy Refried Beans<br>Fruit of the Day / Milk (OVS)                               | <b>Chicken Fritter Wrap w/ Youza Sauce</b><br>Chicken Fritters, WG Tortilla<br>Cheese & Youza Sauce<br>Baby Carrots & Ranch<br>Fruit of the Day / Milk (OVS)  | <b>Beef Stroganoff</b><br>Grated Parmesan Chz w/ Parsley<br>Wheat Dinner Roll<br>Steamed Mixed Vegetables<br>Fruit of the Day / Milk (OVS)                            |
| Bundle Lunch | <b>Cheese Bun &amp; Cool Ranch Doritos</b><br>Veggie of the Day/Week   | <b>Breaded Chicken Patty &amp; Bun</b><br>Veggie of the Day/Week   | <b>All Beef Hamburger &amp; Bun</b><br>Baked Cheetos<br>Veggie of the Day/Week   | <b>Sunseeds &amp; Amazin Raisins Pack</b><br>Cheese Stick & Cheezits  | <b>4.6 oz Wowbutter &amp; Jelly Sandwich</b><br>Veggie of the Day/Week  |
| Week V       | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)   | Veggie of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)  |
| Hot Lunch    | <b>Premium Chicken Nuggets</b><br>Ketchup<br>Nacho Cheese Doritos<br>Steamed Sweet Corn<br>Fruit of the Day / Milk (OVS)               | <b>All Beef Hamburger</b><br>WG Bun & Ketchup<br>Cheetos<br>Steamed Green Beans<br>Fruit of the Day / Milk (OVS)   | <b>Hawaiian Teriyaki Grilled Chicken Sandwich</b><br>Sweet Chili Doritos<br>Garden Salad & Dressing<br>Fruit of the Day<br>Milk (OVS)  | <b>Brunch Lunch</b><br>French Toast Sticks & Syrup<br>100% V Juice<br>Fruit of the Day<br>Milk (OVS)  | <b>Build your Own Beef &amp; Chz Nachos</b><br>Tortilla Chips, Seasoned Beef<br>Cheddar Chz Cup & Sour Cream<br>Cheesy Refried Beans<br>Fruit of the Day / Milk (OVS) |
| Bundle Lunch | <b>Cheese Bun &amp; Nacho Cheese Doritos</b><br>Veggie of the Day/Week   | <b>Chicken Corn Dog &amp; Lemon Blueberry Bites</b><br>Veggie of the Day/Week  | <b>Italian Calzone</b><br>Veggie of the Day/Week   | <b>Bean &amp; Cheese Burrito &amp; Corn Chips</b><br>Veggie of the Day/Week   | <b>Hot Dog &amp; Bun</b><br>Cheetos<br>Veggie of the Day/Week   |
| Week VI      | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)  | Fruit of the Day/Week & Milk (OVS)  |
| Hot Lunch    | <b>Juicy Mozzarella Burger</b><br>WG Bun & Ketchup<br>Cool Ranch Doritos<br>Steamed Sweet Corn<br>Fruit of the Day / Milk (OVS)        | <b>Golden Chicken Tenders</b><br>Ranch Dip<br>Mini Goldfish Crackers<br>Steamed Green Beans<br>Fruit of the Day / Milk (OVS)   | <b>Cheesy Quesadilla</b><br>Steamed Corn<br>Fruit of the Day<br>Elf Grahams<br>Milk (OVS)  | <b>Sesame Chicken</b><br>Steamed Rice<br>Crisp Celery Sticks<br>Fruit of the Day<br>Milk (OVS)  | <b>Meatball Mac &amp; Cheese</b><br>Dinner Roll<br>Caesar Salad w/ Caesar Dressing<br>Fruit of the Day<br>Milk (OVS)  |
| Bundle Lunch | <b>Cheese Bun</b><br>Veggie of the Day/Week  | <b>Make Your Own Nachos</b><br>Chz Cup, String Chz & Corn Chips<br>Veggie of the Day/Week  | <b>Wow Butter Cup &amp; Bagel</b><br>Honey Roasted Sun Seeds<br>Veggie of the Day/Week   | <b>Wrapped Chz Omelette &amp; 2 oz Snack Bread</b><br>Veggie of the Day/Week  | <b>Meatballs &amp; Ketchup</b><br>Nacho Cheese Chips<br>Veggie of the Day/Week  |
| Week I       | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)  | Fruit of the Day/Week & Milk (OVS)  |
| Hot Lunch    | <b>Golden Chicken Patty Sandwich</b><br>WG Bun & Ketchup<br>Baked Cheetos<br>Steamed Mixed Vegetables<br>Fruit of the Day / Milk (OVS) | <b>Enchilada Pasta</b><br>Fresh Cilantro<br>Steamed Sweet Corn<br>Fruit of the Day / Milk (OVS)  | <b>Build Your Own TexMex Meatball Wrap</b><br>Southwest Seasoned Meatballs<br>WG Tortilla, Shredded Cheese<br>Sour Cream & Cholula, Shred Lettuce<br>Fruit of the Day / Milk (OVS) | <b>Brunch Lunch</b><br>Pancakes & Colby Cheese Omelet<br>100% V Juice<br>Fruit of the Day<br>Milk (OVS)   | <b>Chicken &amp; Potato Pilaf</b><br>Steamed Green Beans<br>Fruit of the Day<br>Milk (OVS)  |
| Bundle Lunch | <b>Cheese Bun &amp; Cool Ranch Doritos</b><br>Veggie of the Day/Week   | <b>Breaded Chicken Patty &amp; Bun</b><br>Mixed Berry Animal Crackers<br>Veggie of the Day/Week  | <b>All Beef Hamburger &amp; Bun</b><br>Nacho Cheese Doritos<br>Veggie of the Day/Week  | <b>Cheesy Pull-Apart Bread</b><br>Veggie of the Day/Week  | <b>4.6 oz Wowbutter &amp; Jelly Sandwich</b><br>Veggie of the Day/Week  |
| Week II      | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)  | Fruit of the Day/Week & Milk (OVS)  |
| Hot Lunch    | <b>Mongolian Meatballs</b><br>Steamed Rice<br>Baby Carrots & Ranch<br>Fruit of the Day<br>Milk (OVS)                                   | <b>Cheddar Chicken Patty Sandwich</b><br>WG Bun, Breaded Chicken Patty<br>Cheddar Cheese, Ketchup<br>Sweet Corn & Lemon Blueberry Bites<br>Fruit of the Day / Milk (OVS) | <b>Brunch Lunch</b><br>French Toast Sticks, Wild Blueberries<br>Syrup<br>100% V Juice & Fruit of the Day<br>Milk (OVS)   | <b>Food that grows above ground</b><br>Fruits and Vegetables that grow above the ground are generally low in calories. They are mostly colorful. Leafy vegetables, cruciferous vegetables fall under this category.<br><b>Cucumbers, Lettuce, Peppers, Tomatoes, Kale, Cabbage etc.</b><br><b>Food that grows under ground</b><br>Fruits and vegetables that grow under the ground absorb nutrients directly from soil and are rich in Carbs. They have a distinctive earthy flavor.<br><b>Beets, Carrots, Potatoes, Turnips, Yams, Jicama etc.</b> |   |
| Bundle Lunch | <b>Cheese Bun &amp; Nacho Cheese Doritos</b><br>Veggie of the Day/Week   | <b>Chicken Corn Dog &amp; Lemon Blueberry Bites</b><br>Veggie of the Day/Week  | <b>Italian Calzone</b><br>Veggie of the Day/Week   |   |   |
| Week III     | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)   | Fruit of the Day/Week & Milk (OVS)   |   |   |

| Weeks I,III,V | Monday  | Tuesday                              | Wednesday                            | Thursday                          | Friday  |
|---------------|---|--------------------------------------|--------------------------------------|-----------------------------------|---|
| Hot Veg       | Garden Burger                                     | Cheese Calzone                       | Pizza Crunchers w/Italian Dip        | Mac & Cheese                      | Wild Mikes Cheese Bites & Italian Dip                                       |
| Cold          | Cheese Bun  | Yogurt Cup, Cheese Stick & Muffin    | Wow Butter Cup, Cheese Stick & Bagel | Cheese Sandwich on Wheat Bread    | Sun Seeds & Raisins Pack (Has 1/2 C Eq. Fruit), Chz Stick & Strawberry Boli |
| II,IV,VI      | Monday  | Tuesday                              | Wednesday                            | Thursday                          | Friday  |
| Hot Veg       | Cheese Quesadilla & Cholula                       | Cheese Lasagna                       | Cheesy Pull Apart Bread              | Bean & Cheese Burrito             | Grilled Cheese Sandwich   |
| Cold          | Yogurt, Cheese Cubes & Stuffed Cream Cheese Bread | Cheese Cup, String Cheese & Tortilla | Cheese Bun                           | 4.6 oz Wowbutter & Jelly Sandwich | Egg Salad Bun   |

\*Skim and 1% milk choices offered daily.

\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.



Combo híbrido de marzo de 2021 SFSP K-12 Un menú de almuerzo (con opciones para en la escuela (caliente, vegetariano caliente y frío) y virtual (paquete frío distante))

|                     | Lunes   | Martes  | Mercoles   | Jueves   | Viernes   |
|---------------------|---|---|--|--|---|
|                     | 1   | 2   | 3  | 4  | 5   |
| Almuerzo caliente   | Sub de albóndigas con queso mozzarella<br>Bollo WG<br>Cool Ranch Doritos<br>Maíz al vapor<br>Fruta del día / Leche (OVS)                    | Pollo Agridulce<br>Arroz sazonado<br>Ensalada crujiente y aderezo casero<br>Fruta del día<br>Galleta de la fortuna y leche (OVS)  | Taco de carne de res caminando abundante<br>Chips de queso nacho y carne de taco casera, queso rallado<br>Cheesy Refried Beans<br>Fruta del día / Leche (OVS)                  | Wrap de buñuelos de pollo con salsa yuzu<br>Buñuelos de pollo, Tortilla WG<br>Salsa de queso y youza<br>Zanahorias pequeñas y rancho<br>Fruta del día / Leche (OVS)  | Stroganoff de carne<br>Queso Parmesano Rallado con Perejil<br>Rollo de cena de trigo<br>Verduras mixtas al vapor<br>Fruta del día / Leche (OVS)   |
| Paquete de almuerzo | Bollo de queso y Cool Ranch Doritos<br>Vegetal del día / semana   | Empanada de pollo y bollo<br>Vegetal del día / semana   | Hamburguesa y pan de ternera<br>Cheetos horneados<br>Vegetal del día / semana  | Paquete Sunseeds & Amazon Raisins<br>Palitos de queso y cheezits<br>Vegetal del día / semana y leche (OVS)   | Sándwich de mantequilla y jalea<br>Vegetal del día / semana   |
| Semana V            | Fruta del día / semana y leche (OVS)  | Fruta del día / semana y leche (OVS)  | Fruta del día / semana y leche (OVS)   | Fruta del día / semana y leche (OVS)   | Fruta del día / semana y leche (OVS)  |
|                     | 8   | 9   | 10   | 11   | 12  |
| Almuerzo caliente   | Nuggets de pollo premium<br>Salsa de tomate<br>Doritos De Queso Nacho<br>Maíz dulce al vapor<br>Fruta del día / Leche (OVS)                 | Hamburguesa de ternera<br>WG Bun & Ketchup<br>Cheetos<br>Judías verdes al vapor<br>Fruta del día / Leche (OVS)  | Sándwich de pollo asado teriyaki hawaiano<br>Doritos de Chile Dulce<br>Ensalada y aderezo de la huerta<br>Fruta del día<br>Leche (OVS)   | Almuerzo Brunch<br>Palitos de tostada francesa y almibar<br>100% V Jugo<br>Fruta del día / semana y leche (OVS)<br>fruta del día   | Cre tus propios nachos de carne y pollo<br>Chips de tortilla, carne sazonada<br>Taza de queso cheddar y crema agria<br>Frijoles Refritos con Queso<br>Fruta del día / Leche (OVS)<br>Hot Dog y bollo<br>Cheetos<br>Vegetal del día / semana |
| Paquete de almuerzo | Doritos de pan de queso y queso nacho<br>Vegetal del día / semana   | Bocaditos de pollo con maíz y limón y arándanos<br>Vegetal del día / semana   | Calzone italiano<br>Vegetal del día / semana   | Burrito de frijoles y queso y chips de maíz<br>Vegetal del día / semana  | Vegetal del día / semana  |
| Semana VI           | Fruta del día / semana y leche (OVS)  | Fruta del día / semana y leche (OVS)  | Fruta del día / semana y leche (OVS)   | Fruta del día / semana y leche (OVS)   | Fruta del día / semana y leche (OVS)  |
|                     | 15  | 16  | 17   | 18   | 19  |
| Almuerzo caliente   | Jugosa hamburguesa de mozzarella<br>WG Bun & Ketchup<br>Doritos estilo rancho<br>Maíz dulce al vapor<br>Fruta del día / Leche (OVS)         | Ofertas de pollo dorado<br>Dip de rancho<br>Galletas Mini Goldfish<br>Judías verdes al vapor<br>Fruta del día / Leche (OVS)   | Quesadilla de queso<br>Maíz al vapor<br>Fruta del día<br>Elf Grahams<br>Leche (OVS)  | Pollo al sésamo<br>Arroz al vapor<br>Palitos de apio crujientes<br>Fruta del día<br>Leche (OVS)  | Macarrones con Queso y Albóndigas<br>Panecillo<br>Ensalada César con aderezo César<br>Fruta del día<br>Leche (OVS)  |
| Paquete de almuerzo | Bollo de queso<br>Vegetal del día / semana  | Haz tus propios nachos<br>Chz Cup, String Chz & Corn Chips<br>Vegetal del día / semana  | WOW Taza de mantequilla y bagel<br>Honey Roasted Sun Seeds<br>Vegetal del día / semana   | Tortilla de Queso Envuelto y 2 oz de pan de merienda<br>Vegetal del día / semana   | Albóndigas y Ketchup<br>Nacho Cheese Chips<br>Vegetal del día / semana  |
| Semana I            | Fruta del día / semana y leche (OVS)  | Fruta del día / semana y leche (OVS)  | Fruta del día / semana y leche (OVS)   | Fruta del día / semana y leche (OVS)   | Fruta del día / semana y leche (OVS)  |
|                     | 22  | 23  | 24   | 25   | 26  |
| Almuerzo caliente   | Sándwich de hamburguesa de pollo dorado<br>WG Bun & Ketchup<br>Cheetos horneados<br>Verduras mixtas al vapor<br>Fruta del día / Leche (OVS) | Enchilada Pasta<br>Cilantro fresco<br>Maíz dulce al vapor<br>Fruta del día / Leche (OVS)  | Envoltura de albóndigas Texmex<br>Albóndigas condimentadas del suroeste<br>Tortilla WG, Queso Rallado<br>Crema agria y cholulu, lechuga rallada<br>Fruta del día / Leche (OVS) | Brunch Almuerzo<br>Tortilla de panqueques y queso Colby<br>100% V Jugo<br>Fruta del día<br>Leche (OVS)   | Pilaf de pollo y patatas<br>Judías verdes al vapor<br>Fruta del día<br>Leche (OVS)  |
| Paquete de almuerzo | Bollo de queso y Cool Ranch Doritos<br>Vegetal del día / semana   | Empanada de pollo y bollo<br>Galletas De Animales De Bayas<br>Vegetal del día / semana  | Hamburguesa y pan de ternera<br>Doritos De Queso Nacho<br>Vegetal del día / semana   | Pan con queso para separar<br>Vegetal del día / semana   | Sándwich de mantequilla y jalea<br>Vegetal del día / semana   |
| Semana II           | Fruta del día / semana y leche (OVS)  | Fruta del día / semana y leche (OVS)  | Fruta del día / semana y leche (OVS)   | Fruta del día / semana y leche (OVS)   | Fruta del día / semana y leche (OVS)  |
|                     | 29  | 30  | 31   |  |   |
| Almuerzo caliente   | Albóndigas de Mongolia<br>Arroz al vapor<br>Zanahorias pequeñas y rancho<br>Fruta del día<br>Leche (OVS)                                    | Sándwich de pollo con queso cheddar<br>WG Bun, empanada de pollo empanizado<br>Queso Cheddar, Ketchup<br>Bocaditos de maíz dulce y limón y arándanos<br>Fruta del día / Leche (OVS) | Brunch Almuerzo<br>Palitos de tostadas francesas<br>Jarabe<br>100% V Jugo & Fruta del día<br>Leche (OVS)   | Alimentos que crecen por encima del suelo<br>Las frutas y verduras que crecen por encima del suelo son generalmente bajas en calorías. En su mayoría son coloridos. Las verduras de hoja y las verduras crucíferas se incluyen en esta categoría.<br><br>Alimentos que crecen bajo tierra<br>Las frutas y verduras que crecen bajo tierra absorben nutrientes directamente del suelo y son ricas en carbohidratos. Tienen un sabor terrenal distintivo.<br><b>Remolachas, zanahorias, patatas, nabos, ñame, jícama, etc.</b> |   |
| Paquete de almuerzo | Doritos de pan de queso y queso nacho<br>Vegetal del día / semana   | Bocaditos de pollo con maíz y limón y arándanos<br>Vegetal del día / semana   | Calzone italiano<br>Vegetal del día / semana   |  |   |
| Week III            | Fruta del día / semana y leche (OVS)  | Fruta del día / semana y leche (OVS)  | Fruta del día / semana y leche (OVS)   |  |   |

| Semanas             | Vegetarian Lunch Options are Offered Daily (Served with Veggie & Fruit of the Day)*                                 |  |   |                                      |  |
|---------------------|---|--|---|--------------------------------------|--|
| I, III, V           | Lunes   | Martes                                 | Miercoles                                       | Jueves                               | Viernes  |
| Vegetarino caliente | Hamburguesa de jardín   | Calzone de queso                       | Trituradoras de pizza con salsa italiana        | Macarrones con queso                 | Bocaditos de queso y salsa italiana                      |
| Vegetarino Frío     | Bollo de queso  | Taza de yogur, barra de queso y muffin | Taza de mantequilla Wow, barra de queso y bagel | Sándwich de queso sobre pan de trigo | Paquete Sun Seeds & Raisins, Chz Stick y Strawberry Boli |
| II, IV, VI          | Lunes   | Martes                                 | Miercoles                                       | Jueves                               | Viernes  |
| Vegetarino caliente | Quesadilla de Queso y Cholula   | Lasaña de queso                        | Pan con queso para separar                      | Burrito de Frijoles y Queso          | Sandwich de queso fundido                                |
| Vegetari Frío       | *Skim and 1% milk choices offered daily.<br>*All Bread/Chips/Tortillas listed in the menu are whole-grain products. |  | © CKC Good Food®                                | Sándwich de mermel                   | Menu is subject to infrequent changes Huevo              |