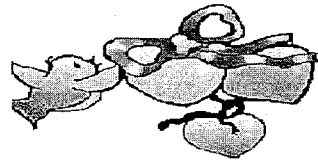
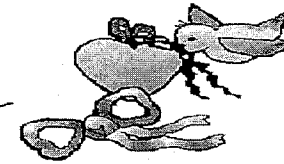


JMMS




February



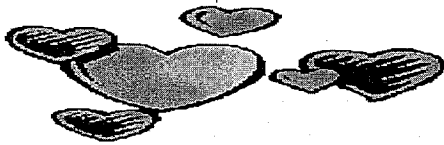







Alpine Union
School District
Lunch Menu
2011 - 2012

Did you know ?
If your child(ren) has been approved for free or reduced lunches he or she is automatically approved for free or reduced breakfast

Little Caesar Pizza
Schedule
SHS Monday
AES Tuesday
CELC Wednesday
BOES Thursday
JMMS Friday



Lunch Meal Prices:
\$2.25 Middle School
\$2.10 Elementary
\$1.75 Kindergarten
\$.40 Reduced

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 Sack Lunch Entree Fresh Fruit Fresh Vegetable Milk Treat	2 Cheeseburger PB & Jelly Sandwich Buffalo Chicken Salad Chicken Nuggets	3 Little Caesar Pizza Salad Bar & Milk 	Cal 943 T.Fat 23.73 G S.Fat 6.3 G
6 Caesar Chicken Salad Grilled Cheese Sandwich PB & Jelly Sandwich Taco Twins 1	7 Hot Dog w/ Bun PB & Jelly Sandwich Max Sticks w/Sauce Chicken Nuggets	8 Sack Lunch Entree Fresh Fruit Fresh Vegetable Milk Treat	9 Sloppy Joe w/ Bun PB & Jelly Sandwich Yogurt Chef's Choice	10 Little Caesar Pizza Salad Bar & Milk 	Cal 1005 T.Fat 26.66 G S.Fat 7.3 G
13 NO SCHOOL TODAY 	14 Orange Chicken w/ Rice PB & Jelly Sandwich Bean & Cheese Burrito Chef's Choice Treat 	15 Sack Lunch Entree Fresh Fruit Fresh Vegetable Milk Treat	16 Cheeseburger PB & Jelly Sandwich Buffalo Chicken Salad Chicken Nuggets	17 Little Caesar Pizza Salad Bar & Milk 	Cal 977 T.Fat 25.77 G S.Fat 6.9 G
20 NO SCHOOL TODAY 	21 Mini Cheeseburgers Yogurt Chicken Nuggets PB & Jelly Sandwich	22 Sack Lunch Entree Fresh Fruit Fresh Vegetable Milk Treat	23 BBQ Beef w/ Bun Corn Dog Yogurt Chicken Shredded Tostito	24 Little Caesar Pizza Salad Bar & Milk 	Cal 925 T.Fat 23.59 G S.Fat 6.4 G
27 Totally Taco Max Sticks Yogurt Bean & Cheese Burrito PB & Jelly Sandwich	28 Philly Steak Sandwich Yogurt Buffalo Chicken Salad Tuna Sandwich	29 Sack Lunch Entree Fresh Fruit Fresh Vegetable Milk Treat	View your children's meal history and / or payments online @ www.parentonline.net		Cal 888 T.Fat 21.61 G S.Fat 5.8 G Over

Lunch Includes:
A choice between
3 Entrees, Milk & Salad Bar

\$10.00 Charge for Returned Checks
Menu are subject to Change
Menu Questions or Concerns
Contact Cindy Wallace
@
619-445-3639

In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.