


SHS



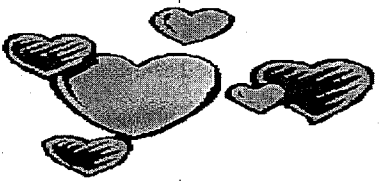




Alpine Union
School District
Lunch Menu
2011 - 2012

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 Hot Dog w/ Bun Pretzel w/ Cheese PB & Jelly Sandwich Yogurt	3 Chicken Patty w/ Bun Corn Dog PB & Jelly Sandwich Yogurt	Cal 936 T.Fat 22.26 G S.Fat 6.1 G
6 Little Caesar Pizza Salad Bar & Milk 	7 Chicken Nuggets Yogurt PB & Jelly Sandwich Max Sticks w/Sauce	8 Sack Lunch Entree Fresh Fruit Fresh Vegetable Milk Treat	9 Taco Boat Bean & Cheese Burrito PB & Jelly Sandwich Yogurt	10 Individual Pizza Caesar Chicken Salad PB & Jelly Sandwich Yogurt	Cal 884 T.Fat 23.88 G S.Fat 6.6 G
13 NO SCHOOL TODAY 	14 Mini Cheeseburgers Pretzel w/ Cheese PB & Jelly Sandwich Yogurt Treat	15 Sack Lunch Entree Fresh Fruit Fresh Vegetable Milk Treat	16 Beef Dipper w/ Rice Teriyaki Chicken w/ Rice PB & Jelly Sandwich Yogurt	17 Individual Pizza Chicken Nuggets Yogurt PB & Jelly Sandwich	Cal 882 T.Fat 21.34 G S.Fat 5.7 G
20 NO SCHOOL TODAY 	21 Caesar Chicken Salad Spaghetti w/ Meat Sauce PB & Jelly Sandwich Yogurt	22 Sack Lunch Entree Fresh Fruit Fresh Vegetable Milk Treat	23 Chicken Patty w/ Bun Corn Dog PB & Jelly Sandwich Yogurt	24 Breakfast 4 Lunch Tuna Sandwich Yogurt PB & Jelly Sandwich	Cal 909 T.Fat 22.86 G S.Fat 5.6 G
27 Little Caesar Pizza Salad Bar & Milk 	28 Bean & Cheese Burrito Cheeseburger PB & Jelly Sandwich Yogurt	29 Sack Lunch Entree Fresh Fruit Fresh Vegetable Milk Treat	View your children's meal history and / or payments online @ www.parentonline.net		Cal 918 T.Fat 23.38 G S.Fat 7.4 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.