



Meal Prices

Lunch.....	\$2.00
Reduced Price Lunch.....	\$.40
Breakfast.....	\$1.25
Reduced Price Breakfast....	\$.30
Milk.....	\$.30

Free & Reduced—Price Meal Program

Free and Reduced price meals are offered daily for those who qualify.

If you qualify for a free or reduced price lunch you also qualify for free or reduced breakfast.

For more information about school lunches or how to apply for free & reduced lunch contact us at:

Child Nutrition Services
Ceres Unified School District
6th & Magnolia, Bldg G
PO. Box 307
Ceres, CA 95307
Phone: 209-556-1580

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

 **Ceres Unified School District** 

New Breakfast & Lunch Items

Jr. High & High School

Menu



 

Breakfast



Along with one of the Entrées listed you have a choice of sides

Cereal Served Daily

Monday

- **Chocolate Muffin**
- **Cheese Omelet**
- Sausage Patty



Tuesday

- **Cinnamon Roll**
- Breakfast Pizza

Wednesday

- **Uncrustable P & J Sandwich**
- **Super Pretzel w/Nacho Cheese**

Thursday

- **Honey Wheat Bar**
- Breakfast Sandwich-Turkey-Ham w/Egg & Cheese

Friday

- **Sausage Biscuit Sandwich**
- **Pop Tart**

With every meal you have a choice of 1/2 pint 1% low fat milk or 1/2 pint nonfat chocolate milk



Breakfast for Learning

Students who eat breakfast learn better, have less trips to the school nurse and have improved attendance



*Indicates New Items on the Menu
**Meatless Entrée

Menu subject to change without notice

Lunch

Your Choice of Main Entrée along with Fruits & Vegetable Sides
Meatless Entrée Available

Monday

- Teriyaki Chicken / Rice
- *Taco Fries*
- Fajita Taco Salad
- **Bean & Cheese Burrito**
- Big Daddy's Pepperoni Pizza

Tuesday

- *Cuban Pork Hoagie*
- Chicken Salad
- Big Daddy's Pepperoni Pizza
- **Fettuccini Alfredo**
- Dinner Roll
- Mini Cheeseburger Twins

Bon Appetite

Wednesday

- Chinese Chicken Salad
- Popcorn Chicken Mashed Bowl
- *Chile Verde Burrito (Pork)*
- Big Daddy's Pepperoni Pizza
- Spicy Chicken Sandwich
- Lettuce / Pickle

Thursday

- Hamburger w/Lettuce & Pickle
- Italian Chicken Salad
- **Nacho-Sec**
- Big Daddy's Pepperoni Pizza
- Chicken Nuggets w/BBQ & Dinner Roll

Friday

- Turkey & Cheese Sandwich Lettuce /Pickle
- Pizza Pocket
- *Tuna Grinder Sub*
- Uncrustable P & J Sandwich
- Big Daddy's Pepperoni Pizza



Studies have shown eating a healthy balanced meal at school daily promotes academic achievement

