

Hollister School District Elementary Lunch

Student Nutrition Department



MEAL PRICING:

Lunch Full Price	\$2.50
Reduced Lunch Price	\$0.00
Milk Only	\$.50

LUNCH Menu

August-December 2016

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Chicken Patty Sandwich OR Chicken Tender w/Potato Baked Beans Fruit, Milk	Pasta Bake OR Macaroni & Cheese, Carrots, Fruit, Go-Gurt, Milk	Pizza Pocket OR Beef Taco Stick, Side Salad, Fruit, Milk	Char-Broiled Burger OR Uncrustable Sandwich, Jicama, Milk	Orange Chicken OR Chicken Egg Roll, "Fried Rice", Cauliflower w/Ranch, milk
2	Pizza OR Cheeseburger Sliders, Broccoli, Fruit, Milk	Grilled Cheese Sandwich OR Fillet of Fish Sand., Edamame Fruit, Milk	Chef's Salad OR Rib Sandwich, Fruitable Veggie Juice, Fruit, Milk	Chicken Nuggets/Mini Corndogs OR Corn Dogs, Celery, Fruit, Milk	Asian Chicken Nuggets OR Fiesta Burrito, Corn, Fruit, Milk Go-Gurt
3	Chicken Alfredo OR French Bread Pizza, Cucumber Coins, Fruit, Milk	Sub Sandwich OR Pizza Pocket, Jicama, Fruit, Milk	Pasta Bake OR Macaroni & Cheese, Carrots, Fruit, Go-Gurt, Milk	Chilli Cheese Dogs OR Pizza Sliders, Fruit, Side Salad, Milk, SideKicks	Chicken Patty Sandwich OR Asian Chicken Nuggets Fruitables Juice Orange
4	Chicken Nuggets/Mini Corn Dogs OR Chicken Fillet, Potato Rounds Fruit, Milk	Taquito's OR Taco Nada, Refried Beans, Fruit, Milk	Cook's Choice	Chicken Drumsticks w/Potatoes OR Enchilada, Cherry Tomatoes, Fruit	Nacho Supreme, Chili Cheese Dog, Cauliflower, Fruit, Milk



We offer 1% or Fat Free White Milk OR Fat Free Chocolate Milk with each Lunch

Pizza Days:
 Calaveras – 1st Friday
 Cerra Vista & Sunnyslope – 2nd Friday
 R O Hardin – 3rd Friday
 Ladd Lane & Gabilan Hills – 4th Friday

NUTRITION BITES:

Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹ - take a minimum of **½ cup Fruit** OR **½ cup of Vegetables** with each lunch.

• The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

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■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. NHANES 2011-12
 2. USDA. MyPlate.gov <http://www.myplate.gov>. USDA is an equal opportunity provider and employer

Menu is subject to change without notice

Hollister School District Breakfast Menu

Student Nutrition Department



Hollister School District

**NO
Charge For
Breakfasts!**



BREAKFAST Menu

August-December 2016

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Waffles Fruit/Juice Milk	English Muffin Sandwich Fruit/Juice Milk	French Toast Sticks Fruit/Juice Milk	Double Chocolate Muffins Fruit/Juice Milk	Breakfast Pizza Fruit/Juice Milk
2	Maple Bar Fruit/Juice Milk	Ultimate Breakfast Rounds Fruit/Juice Milk	Breakfast Burrito Fruit/Juice Milk	Pancakes Fruit/Juice Milk	Chocolate Chip Muffins Fruit/Juice Milk
3	Bagel w/Cream Cheese Fruit/Juice Milk	Cinnamon Roll Fruit/Juice Milk	Pan Dulce Fruit/Juice Milk	Mini Breakfast Bites Fruit/Juice Milk	Breakfast Bar Fruit/Juice Milk
4	Sausage Sandwich Fruit/Juice Milk	Benefit Bars Fruit/Juice Milk	Pancakes Fruit/Juice Milk	Ultimate Breakfast Rounds Fruit/Juice Milk	Lemon Bread Fruit/Juice Milk

OTHER DAILY SELECTIONS:

Daily

Choices:

Assorted
Cereals
w/Crackers

Yogurt with
Granola

DRINKS

1% or Fat Free
White Milk

OR

Fat Free
Chocolate Milk

Students must
choose $\frac{1}{2}$ Cup
of Fruit or
Juice with
Breakfast

NUTRITION BITES:

- Breakfast is an important source of vitamin D and calcium, providing 38% of vitamin D and 24% of calcium to children age 2 to 19¹
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal¹

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