July

SUMMER SECONDARY LUNCH

SFUSD STUDENT NUTRITION SERVICES

revolution foods

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Cheerios Cereal/ Mini Dipperdoodle Bar (DF) **LUNCH** Chicken Sausage & Cheddar Eggel Sandwich Cheese Enchiladas (VG) Baby Carrots 2	**BREAKFAST** Plain Bagel/ Cream Cheese **LUNCH** BBQ Chicken Drumstick w/ Cheesey Rice Rainbow Veggie Pizza (VG) Black Beans 3	Holiday 4	**BREAKFAST** Zac Omega Blackberry Bar (DF) **LUNCH** Cheeseburger Bean Cheese Pupusa (VG) Lettuce w/ Ranch 5	**BREAKFAST** Yogurt/ Educational Snacks **LUNCH** Beefy Bean Cheese Burrito Cheese Ravioli (VG) Chili Citrus Corn 6
BREAKFAST MultiGrain Cheerios Cereal/ Zac Attack Strawberry Bar (DF) **LUNCH** Hot Dog (DF) Cheese Tamale (VG) Baby Carrots 9	**BREAKFAST** Breakfast Cinnamon Crumble **LUNCH** Chili Citrus Drumstick w/Rice (DF) Pancakes Omelet (VG) Broccoli 10	**BREAKFAST** Blueberry Bagel/Cream Cheese **LUNCH** Chicken Pasta Alfredo Panada Pie (VG) Celery w/ Ranch 11	**BREAKFAST** Cinnamon Chex/Zac Attack Strawberry Bar (DF) **LUNCH** Spaghetti Meatballs (DF) Cheese Lasagna (VG) Corn 12	**BREAKFAST** Mini Dipperdoodle Bar/String Cheese **LUNCH** Chicken Potstickers w/Rice (DF) Cheese Pizza (VG) Edamame 13
BREAKFAST Yogurt/Granola **LUNCH** Oven Roasted Chicken Sandwich (DF) Bean Cheese Pupusa (VG) Baby Carrots 16	**BREAKFAST** Blueberry Muffin **LUNCH** Scoops w/ Chicken & Green Chile Cheese Dip Italian "Sausage" Calzoni (VG) Chicken Teriyaki (DF) Chili Citrus Corn 17	**BREAKFAST** Cinnamon Chex Cereal/ Zac Attack Strawberry Bar (DF) **LUNCH** Jerk Drumstick w/Pineapple Carrot Rice (DF) Cheese Ravioli (VG) Black Beans 18	**BREAKFAST** Plain Bagel/ Cream Cheese **LUNCH** Pepper Jack Cheeseburger Cheese Cheese Pizza (VG) Lettuce w/ Ranch 19	**BREAKFAST** Cheerios Cereal/ Mini Dipperdoodle Bar (DF) **LUNCH** Spicy Chicken and Cheese Eggel Sandwich Pasta Alfredo (VG) Cucumber 20
BREAKFAST Zac Omega Blackberry Bar (DF) **LUNCH** Pancakes w/ Sausage Cheese Lasagna (VG) Chicken Tac Trio Corn 23	**BREAKFAST** Blueberry Bagel/ Cream Cheese (DF) **LUNCH** Tomato Curry w/Grilled Chicken Baked Mac Cheese & BBQ Beans (VG) Broccoli 24	**BREAKFAST** Yogurt/ Honey Grahams **LUNCH** Hot Dog (DF) Cheese Pizza (VG) Celery w/ Ranch 25	**BREAKFAST** French Toast Muffin **LUNCH** Chicken Pasta Alfredo Cheese Enchiladas (VG) Baby Carrots 26	**BREAKFAST** Mini Dipperdoodle Bar/ String Cheese **LUNCH** Chicken Tamale Rainbow Veggie Pizza (VG) Pinto Beans 27
BREAKFAST Cheerios Cereal/ Mini Dipperdoodle Bar (DF) **LUNCH** Chicken Sausage & Cheddar Eggel Sandwich Cheese Enchiladas (VG) Baby Carrots 30	**BREAKFAST** Plain Bagel/ Cream Cheese **LUNCH** BBQ Chicken Drumstick w/ Cheesey Rice Rainbow Veggie Pizza (VG) Black Beans 31			

Quiz Time!

Q: Which has more Vitamin C – a red bell pepper or an orange?

A: Contrary to popular belief, a pepper actually has more Vitamin C (152 mg) than an orange (70mg)!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- Vegetable of the day

This institution is an equal opportunity provider.