

Alameda Unified School District Summer Seamless Menu June-Aug 2017

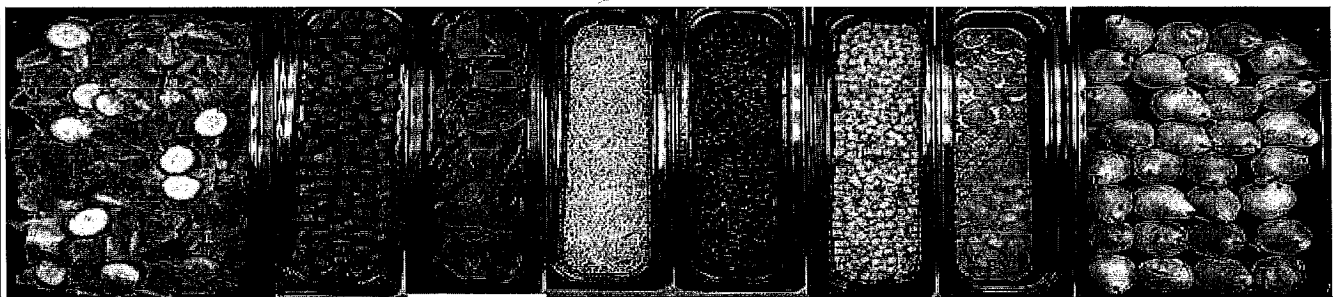
Menu subject to change according to what is fresh, local, and in season.

Green Color=Vegetarian

This Institution is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
19-Jun Cheeseburger Sliders Fruit and Veggie Milk	20-Jun Cold Meal Cold Cut Combo Sandwich Fruit and Veggie Milk	21-Jun Pasta with Meat Sauce Fruit and Veggie Milk	22-Jun Turkey Taco Nada Fruit and Veggie Milk	23-Jun Hot Dog Fruit and Veggie Milk
26-Jun Bean & Cheese Burrito Fruit and Veggie Milk	27-Jun Cold Meal Italian Sub Sandich Fruit and Veggie Milk	28-Jun Chicken Pasta Alfredo Fruit and Veggie Milk	29-Jun Turkey Pepperoni Pocket Fruit and Veggie Milk	30-Jun Hamburger on Bun Fruit and Veggie Milk
3-Jul Grilled Cheese Sandwich Fruit and Veggie Milk	4-Jul 	5-Jul Corn Dog Fruit and Veggie Milk	6-Jul Turkey Taco Nada Fruit and Veggie Milk	7-Jul Chicken Patty on Bun Fruit and Veggie Milk
10-Jul Cheeseburger Sliders Fruit and Veggie Milk	11-Jul Cold Meal Cold Cut Combo Sandwich Fruit and Veggie Milk	12-Jul Macaroni & Cheese Fruit and Veggie Milk	13-Jul Turkey Pepperoni Pocket Fruit and Veggie Milk	14-Jul Hot Dog Fruit and Veggie Milk
17-Jul Bean & Cheese Burrito Fruit and Veggie Milk	18-Jul Cold Meal Chicken Wrap Fruit and Veggie Milk	19-Jul Pasta with Meat Sauce Fruit and Veggie Milk	20-Jul Turkey Taco Nada Fruit and Veggie Milk	21-Jul Hamburger on Bun Fruit and Veggie Milk
24-Jul Grilled Cheese Sandwich Fruit and Veggie Milk	25-Jul Cold Meal Turkey Sandwich Fruit and Veggie Milk	26-Jul Chicken Pasta Alfredo Fruit and Veggie Milk	27-Jul Turkey Pepperoni Pocket Fruit and Veggie Milk	28-Jul Chicken Patty on Bun Fruit and Veggie Milk
31-Jul Corn Dog Fruit and Veggie Milk	1-Aug Cold Meal Chicken Wrap Fruit and Veggie Milk	2-Aug Macaroni & Cheese Fruit and Veggie Milk	3-Aug Turkey Taco Nada Fruit and Veggie Milk	4-Aug Hot Dog Fruit and Veggie Milk
7-Aug Cheeseburger Sliders Fruit and Veggie Milk	8-Aug Cold Meal Turkey Sandwich Fruit and Veggie Milk	9-Aug Pasta with Meat Sauce Fruit and Veggie Milk	10-Aug Turkey Pepperoni Pocket Fruit and Veggie Milk	11-Aug Hamburger on Bun Fruit and Veggie Milk

A full student lunch includes an entree supplying protein , grain, vegetables, fruit and milk.
 A cold vegetable /fresh fruit bar is available daily on which we feature a variety of veggies and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich veggies including red/orange and dark green vegetables, as well as beans and other additional choices.



Weekly Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Bowl Fruit Milk Choice	Muffin Fruit Milk Choice	PopTart Fruit Milk Choice	Bagelful Fruit Milk Choice	Cereal Bar Fruit Milk Choice