



**The New School Lunch**  
 Changing the School Lunch Scene  
 Alameda Unified School District

**Fast Menu**

1. Chicken Sandwich	2. Beef Sandwich	3. Turkey Sandwich	4. Veggie Sandwich
5. Ham Sandwich	6. Cheese Sandwich	7. Bacon Sandwich	8. Egg Sandwich
9. Peanut Butter Sandwich	10. Jelly Sandwich	11. Fruit Sandwich	12. Veggie Sandwich
13. Chicken Sandwich	14. Beef Sandwich	15. Turkey Sandwich	16. Veggie Sandwich
17. Ham Sandwich	18. Cheese Sandwich	19. Bacon Sandwich	20. Egg Sandwich
21. Peanut Butter Sandwich	22. Jelly Sandwich	23. Fruit Sandwich	24. Veggie Sandwich

**NEW SCHOOL MENUS**

1. Chicken Sandwich	2. Beef Sandwich	3. Turkey Sandwich	4. Veggie Sandwich
5. Ham Sandwich	6. Cheese Sandwich	7. Bacon Sandwich	8. Egg Sandwich
9. Peanut Butter Sandwich	10. Jelly Sandwich	11. Fruit Sandwich	12. Veggie Sandwich
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21. Peanut Butter Sandwich	22. Jelly Sandwich	23. Fruit Sandwich	24. Veggie Sandwich

**NEW 2015 Student Menu**

1. Chicken Sandwich	2. Beef Sandwich	3. Turkey Sandwich	4. Veggie Sandwich
5. Ham Sandwich	6. Cheese Sandwich	7. Bacon Sandwich	8. Egg Sandwich
9. Peanut Butter Sandwich	10. Jelly Sandwich	11. Fruit Sandwich	12. Veggie Sandwich
13. Chicken Sandwich	14. Beef Sandwich	15. Turkey Sandwich	16. Veggie Sandwich
17. Ham Sandwich	18. Cheese Sandwich	19. Bacon Sandwich	20. Egg Sandwich
21. Peanut Butter Sandwich	22. Jelly Sandwich	23. Fruit Sandwich	24. Veggie Sandwich



# The New School Lunch

Changing the School Lunch Scene  
Alameda Unified School District

# VISION STATEMENT 1

No child will

go hungry

while in

school.

17 million are hungry in  
America

- 1 of 3 Latino children
- 1 of 4 African-American

# Money VS Nutritious Food

Nutritional deficiency  
= "Hunger"



YouTube

The logical Solution:

School Meals

5 out of 7 days a week

## VISION STATEMENT 2

The food served by  
Food & Nutrition Services is  
healthy,  
nutritious, and  
tasty.











FARM  
TO SCHOOL







**BRINGING HEALTHY FOOD**  
**From Local Farms to California's Schools**















## The New School Lunch

Changing the School Lunch Scene  
Alameda Unified School District

# Past Menus

**MAY 2013 LUNCH AUSD ELEMENTARY MENU \$2.50**

Monday	Tuesday	Wednesday	Thursday	Friday
		Breaded Chicken and juice Or Yogurt Meal	Turkey Sandwich on Whole Wheat Or Yogurt Meal	Whole Grain Tamale Pocket Or Yogurt Meal
6-May	7-May	8-May	9-May	10-May
Whole Grain Corn Dog Or Yogurt Meal	Chicken Nuggets w/ Sweet Potato Tots Or Yogurt Meal	Teriyaki Meatballs over brown rice Or Yogurt Meal	Turkey and gravy mashed potatoes or Yogurt Meal	Southwest Chicken Salad Bowl Or Yogurt Meal
13-May	14-May	15-May	16-May	17-May
Bean and Cheese Burrito Or Yogurt Meal	Chicken Patty on a Whole Grain Bun w/Sweet Potato Tots Or Yogurt Meal	Roasted Chicken w/ Corn Bread Or Yogurt Meal	Whole Wheat Spaghetti w/Meat Sauce Or Yogurt Meal	Turkey Taco Salad Bowl Or Yogurt Meal
20-May	21-May	22-May	23-May	24-May
French Bread Pepperoni or Cheese Pizza Or Yogurt Meal	Chicken Nuggets w/ Sweet Potato Tots Or Yogurt Meal	Lemon Chicken w/ Brown Rice Or Yogurt Meal	Whole Wheat Grilled Cheese Sandwich Or Yogurt Meal	Teriyaki Meatball Submarine on GR Roll Or Yogurt Meal
27-May	28-May	29-May	30-May	31-May
Holiday	Hamburger on a Whole Grain Bun w/Sweet Potato Tots Or Yogurt Meal	Breaded Chicken and juice Or Yogurt Meal	Turkey Hot Dog on a WG Bun Or Yogurt Meal	Orange Chicken over WG pasta Or Yogurt Meal

Menus subject to change with out notice Please visit our website frequently: Alameda.k12.ca.us

**MAY 2013 BREAKFAST AUSD ELEMENTARY MENU \$1.50**

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal 2 oz bowl Fruit Milk	Fruit Breakfast Bar Milk	Uber Bar Fruit Milk	Cereal 2 oz bowl Fruit Milk	Whole Wheat Pancake Fruit Milk

**MAY 2013 LUNCH MIDDLE SCHOOL**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pizza-\$3.00</b> Pepperoni Cheese	<b>Pizza-\$3.00</b> Pepperoni Cheese	<b>Pizza-\$3.00</b> Pepperoni Cheese	<b>Pizza-\$3.00</b> Pepperoni Cheese	<b>Pizza-\$3.00</b> Pepperoni Cheese
<b>Burgers \$2.75</b> Hamburger Chicken Patty	<b>Burgers \$2.75</b> Hamburger Chicken Patty	<b>Burgers \$2.75</b> Hamburger Chicken Patty	<b>Burgers \$2.75</b> Hamburger Chicken Patty	<b>Burgers \$2.75</b> Hamburger Chicken Patty
<b>Sandwich \$2.75</b> Turkey on WG Bread	<b>Sandwich \$2.75</b> Turkey Ham on WG Bread	<b>Sandwich \$2.75</b> Turkey on WG Bread	<b>Sandwich \$2.75</b> Tuna on WG Bread	<b>Sandwich \$2.75</b> Turkey Ham on WG Bread
<b>Salad Bowl \$3.00</b> Southwest Chicken Salad	<b>Salad Bowl \$3.00</b> Vietnamese Chicken Salad	<b>Salad Bowl \$3.00</b> Taco Salad	<b>Salad Bowl \$3.00</b> Chinese Chicken Salad	<b>Salad Bowl \$3.00</b> Tuna Salad
<b>Special \$3.00</b> Lemongrass Chicken Rice Plate	<b>Special \$3.00</b> Teriyaki Beef Rice Plate	<b>Special \$3.00</b> Chicken Nuggets w/bread and Sweet Potato Tots	<b>Special \$3.00</b> Orange Chicken Rice Plate	<b>Special \$3.00</b> Turkey & Gravy over Mashed Potatoes
All meals come with choice of daily fruit and vegetables and choice of milk.	All meals come with choice of daily fruit and vegetables and choice of milk.	All meals come with choice of daily fruit and vegetables and choice of milk.	All meals come with choice of daily fruit and vegetables and choice of milk.	All meals come with choice of daily fruit and vegetables and choice of milk.

**MAY 2013 BREAKFAST AUSD MIDDLE SCHOOL MENU \$1.50**

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal 2 oz bowl Fruit Milk	Fruit Breakfast Bar Fruit Milk	Uber Bar Fruit Milk	Cereal 2 oz bowl Fruit Milk	Whole Grain Pancake Fruit Milk

Menus subject to change without notice

**MAY 2013 LUNCH HIGH SCHOOL**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pizza-\$3.25</b> Pepperoni Cheese	<b>Pizza-\$3.25</b> Pepperoni Cheese	<b>Pizza-\$3.25</b> Pepperoni Cheese	<b>Pizza-\$3.25</b> Pepperoni Cheese	<b>Pizza-\$3.25</b> Pepperoni Cheese
<b>Burgers \$3.00</b> Hamburger Chicken Patty	<b>Burgers \$3.00</b> Hamburger Chicken Patty	<b>Burgers \$3.00</b> Hamburger Chicken Patty	<b>Burgers \$3.00</b> Hamburger Chicken Patty	<b>Burgers \$3.00</b> Hamburger Chicken Patty
<b>Sandwich \$3.00</b> Turkey on WG Bread	<b>Sandwich \$3.00</b> Turkey Ham on WG Bread	<b>Sandwich \$3.00</b> Turkey on WG Bread	<b>Sandwich \$3.00</b> Tuna on WG Bread	<b>Sandwich \$3.00</b> Turkey Ham on WG Bread
<b>Salad Bowl \$3.25</b> Southwest Chicken Salad	<b>Salad Bowl \$3.25</b> Orange Chicken Salad	<b>Salad Bowl \$3.25</b> Taco Salad	<b>Salad Bowl \$3.25</b> Chinese Chicken Salad	<b>Salad Bowl \$3.25</b> Tuna Salad
<b>Special \$3.25</b> Lemongrass Chicken Rice Plate	<b>Special \$3.25</b> Teriyaki Beef Rice Plate	<b>Special \$3.25</b> Chicken Nuggets w/bread and Sweet Potato Tots	<b>Special \$3.25</b> Orange Chicken Rice Plate	<b>Special \$3.25</b> Turkey & Gravy over Mashed Potatoes
All meals come with choice of daily fruit and vegetables and choice of milk.	All meals come with choice of daily fruit and vegetables and choice of milk.	All meals come with choice of daily fruit and vegetables and choice of milk.	All meals come with choice of daily fruit and vegetables choice of milk and crackers.	All meals come with choice of daily fruit and vegetables choice of milk and crackers.

**MAY 2013 BREAKFAST AUSD HIGH SCHOOL MENU \$1.50**

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal 2 oz bowl Fruit Milk	Fruit Breakfast Bar Fruit Milk	Uber Bar Fruit Milk	Cereal 2 oz bowl Fruit Milk	Whole Grain Pancake Fruit Milk

Menus subject to change without notice.

**MAY 2013****LUNCH****AUSD ELEMENTARY MENU****\$2.50**

Monday	Tuesday	Wednesday	Thursday	Friday
		1-May	2-May	3-May
		Breaded Chicken and juice Or Yogurt Meal	Turkey Sandwich on Whole Wheat Or Yogurt Meal	Whole Grain Tamale Pocket  Or Yogurt Meal
6-May	7-May	8-May	9-May	10-May
Whole Grain Corn Dog  Or Yogurt Meal	Chicken Nuggets w/ Sweet Potato Tots Or Yogurt Meal	Teriyaki Meatballs over brown rice Or Yogurt Meal	Turkey and gravy mashed potatoes or Yogurt Meal	Southwest Chicken Salad Bowl Or Yogurt Meal
13-May	14-May	15-May	16-May	17-May
Bean and Cheese Burrito  Or Yogurt Meal	Chicken Patty on a Whole Grain Bun w/Sweet Potato Tots Or Yogurt Meal	Roasted Chicken w/ Corn Bread Or Yogurt Meal	Whole Wheat Spaghetti w/Meat Sauce Or Yogurt Meal	Turkey Taco Salad Bowl Or Yogurt Meal
20-May	21-May	22-May	23-May	24-May
French Bread Pepperoni or Cheese Pizza Or Yogurt Meal	Chicken Nuggets w/ Sweet Potato Tots Or Yogurt Meal	Lemon Chicken w/ Brown Rice Or Yogurt Meal	Whole Wheat Grilled Cheese Sandwich Or Yogurt Meal	Teriyaki Meatball Submarine on GR Roll Or Yogurt Meal
27-May	28-May	29-May	30-May	31-May
Holiday	Hamburger on a Whole Grain Bun w/Sweet Potato Tots Or Yogurt Meal	Breaded Chicken and juice Or Yogurt Meal	Turkey Hot Dog on a WG Bun Or Yogurt Meal	Orange Chicken over WG pasta Or Yogurt Meal

**Menus subject to change with out notice**Please visit our website frequently: [Alameda.k12.ca.us](http://Alameda.k12.ca.us)**MAY 2013****BREAKFAST****AUSD ELEMENTARY MENU****\$1.50**

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal 2 oz bowl Fruit Milk	Fruit Breakfast Bar  Milk	Uber Bar Fruit Milk	Cereal 2 oz bowl Fruit Milk	Whole Wheat Pancake Fruit Milk

**MAY 2013**

**LUNCH**

**MIDDLE SCHOOL**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pizza-\$3.00</b> Pepperoni Cheese  <b>Burgers \$2.75</b> Hamburger Chicken Patty  <b>Sandwich \$2.75</b> Turkey on WG Bread  <b>Salad Bowl \$3.00</b> Southwest Chicken Salad  <b>Special \$3.00</b> Lemongrass Chicken Rice Plate  All meals come with choice of daily fruit and vegetables and choice of milk	<b>Pizza-\$3.00</b> Pepperoni Cheese  <b>Burgers \$2.75</b> Hamburger Chicken Patty  <b>Sandwich \$2.75</b> Turkey Ham on WG Bread  <b>Salad Bowl \$3.00</b> Vietnamese Chicken Salad  <b>Special \$3.00</b> Teriyaki Beef Rice Plate  All meals come with choice of daily fruit and vegetables and choice of milk	<b>Pizza-\$3.00</b> Pepperoni Cheese  <b>Burgers \$2.75</b> Hamburger Chicken Patty  <b>Sandwich \$2.75</b> Turkey on WG Bread  <b>Salad Bowl \$3.00</b> Taco Salad  <b>Special \$3.00</b> Chicken Nuggets w/bread and Sweet Potato Tots  All meals come with choice of daily fruit and vegetables and choice of milk	<b>Pizza-\$3.00</b> Pepperoni Cheese  <b>Burgers \$2.75</b> Hamburger Chicken Patty  <b>Sandwich \$2.75</b> Tuna on WG Bread  <b>Salad Bowl \$3.00</b> Chinese Chicken Salad  <b>Special \$3.00</b> Orange Chicken Rice Plate  All meals come with choice of daily fruit and vegetables and choice of milk	<b>Pizza-\$3.00</b> Pepperoni Cheese  <b>Burgers \$2.75</b> Hamburger Chicken Patty  <b>Sandwich \$2.75</b> Turkey Ham on WG Bread  <b>Salad Bowl \$3.00</b> Tuna Salad  <b>Special \$3.00</b> Turkey & Gravy over Mashed Potatoes  All meals come with choice of daily fruit and vegetables and choice of milk

**MAY 2013**

**BREAKFAST**

**AUSD MIDDLE SCHOOL MENU**

**\$1.50**

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal 2 oz bowl Fruit Milk	Fruit Breakfast Bar Fruit Milk	Uber Bar Fruit Milk	Cereal 2 oz bowl Fruit Milk	Whole Grain Pancake Fruit Milk

**Menus subject to change without notice**

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**HIGH SCHOOL**

nesday

Thursday

Friday

**MAY 2013**

**LUNCH**

**HIGH SCHOOL**

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<b>Pizza-\$3.25</b> Pepperoni Cheese  <b>Burgers \$3.00</b> Hamburger Chicken Patty  <b>Sandwich \$3.00</b> Turkey on WG Bread  <b>Salad Bowl \$3.25</b> Southwest Chicken Salad  <b>Special \$3.25</b> Lemongrass Chicken Rice Plate  All meals come with choice of daily fruit and vegetables and choice of milk	<b>Pizza-\$3.25</b> Pepperoni Cheese  <b>Burgers \$3.00</b> Hamburger Chicken Patty  <b>Sandwich \$3.00</b> Turkey Ham on WG Bread  <b>Salad Bowl \$3.25</b> Orange Chicken Salad  <b>Special \$3.25</b> Teriyaki Beef Rice Plate  All meals come with choice of daily fruit and vegetables and choice of milk	<b>Pizza-\$3.25</b> Pepperoni Cheese  <b>Burgers \$3.00</b> Hamburger Chicken Patty  <b>Sandwich \$3.00</b> Turkey on WG Bread  <b>Salad Bowl \$3.25</b> Taco Salad  <b>Special \$3.25</b> Chicken Nuggets w/bread and Sweet Potato Tots  All meals come with choice of daily fruit and vegetables and choice of milk	<b>Pizza-\$3.25</b> Pepperoni Cheese  <b>Burgers \$3.00</b> Hamburger Chicken Patty  <b>Sandwich \$3.00</b> Tuna on WG Bread  <b>Salad Bowl \$3.25</b> Chinese Chicken Salad  <b>Special \$3.25</b> Orange Chicken Rice Plate  All meals come with choice of daily fruit and vegetables choice of milk and crackers	<b>Pizza-\$3.25</b> Pepperoni Cheese  <b>Burgers \$3.00</b> Hamburger Chicken Patty  <b>Sandwich \$3.00</b> Turkey Ham on WG Bread  <b>Salad Bowl \$3.25</b> Tuna Salad  <b>Special \$3.25</b> Turkey & Gravy over Mashed Potatoes  All meals come with choice of daily fruit and vegetables choice of milk and crackers

**MAY 2013**

**BREAKFAST**

**AUSD HIGH SCHOOL MENU**

**\$1.50**

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal 2 oz bowl Fruit Milk	Fruit Breakfast Bar Fruit Milk	Uber Bar Fruit Milk	Cereal 2 oz bowl Fruit Milk	Whole Grain Pancake Fruit Milk

Menus subject to change without notice.



# NEW SCHOOL MENUS

August-September  
Fall Cycle  
Menu  
2013

**Alameda Unified School District**  
Food & Nutrition Services

Welcome  
Back to  
School!

## ELEMENTARY SCHOOL MENU

Make it healthy! Complete your meal with fresh or stuffed fruits and vegetables in season from the salad bar. All entrees are served with a choice of fruit, a choice of vegetable and a choice of 1% milk or fat-free chocolate milk (with or without fruit punch) every day.

**WEDNESDAY FAVORITE** **THURSDAY FAVORITE** **FRIDAY FAVORITE** **MONDAY FAVORITE** **TUESDAY FAVORITE**

**PIZZA** **Hamburgers** **Chicken Nuggets**

Choose Your Own Pizza  
Choose Your Own Hamburger  
Choose Your Own Chicken Nugget

Choose your entrée, the FAVORITE OF THE DAY above or the EXTRA SPECIAL ENTRÉE OF THE DAY below. Ask for a tasting!  
Yami Yogurt (gluten-free, lactose-free) Meal available everyday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 26 Chicken & Cheese Quesadilla	August 27 Chicken Teriyaki with Vegetable over Steamed Brown Rice	August 28 Bacon Pasta with Ground Beef Italian Sauce	August 29 Oven Fried Chicken, Seasoned Corn and a Denver Roll	August 30 Chow Mein with Chicken and Vegetables
September 2 Labor Day Holiday No School	September 3 Oven Baked Chicken Herbed Red Skin Potatoes, Roll	September 4 Turkey Soup and Grilled Cheese- Sandwich	September 5 Sweet & Sour Chicken over Steamed Brown Rice	September 6 Penne Pasta with Ground Beef Salsiccia Sauce
September 9 Rotini Cooked Beef Taco Salad with Sourcream Cheese Topping & Tortilla Chips	September 10 Baked Pasta with Oven Alfredo Sauce	September 11 Chicken Macaroni Casserole Brown Rice	September 12 Turkey Cordon rouge Eggplant Sauce and Cheese Topping	September 13 Bacon Turkey with Green Whipped Potatoes and a Denver Roll
September 16 Tortilla made Tuna Salad Sandwich	September 17 Teriyaki Beef Dinner with Broccoli and Brown Rice	September 18 Chicken Noodle Soup and Grilled Cheese Sandwich	September 19 Dip Tacos with Shredded Cheese in a Savory Sauce	September 20 Chicken Fried Rice with Vegetables
September 23 Cheese Burrito and a Potato Roll	September 24 Beef & Cheese Burrito from Scratch	September 25 Macaroni & Cheese Bread Soup	September 26 Roasted Chicken with Barbecue Sauce & Roll	September 27 Chef Salad (Turkey, Deli, Cheese on a Bed of Greens)

VEGAN ENTRÉES ARE AVAILABLE 3 DAYS  
ADVANCE ORDER. CALL 337-7870

Cheese & Chicken Pasta with 1/2% Milk & Seasonal Vegetables 337-7870  
WWW.NUTRITIONSERVICES.ALSD.K12.CA.US  
ALSU is an equal opportunity employer.



August-September  
Fall Cycle  
Menu  
2013

**Alameda Unified School District**

Welcome  
Back to  
School!

## ELEMENTARY VEGETARIAN MENU

Choose your entrée, the FAVORITE OF THE DAY or the EXTRA SPECIAL ENTRÉE OF THE DAY (see previous page) or VEGETARIAN OPTIONS below. Ask for a tasting!  
Yami Yogurt (gluten-free, lactose-free) Meal available everyday.

All selections below are offered choice of milk and with a fruit & vegetable salad bar as a side or make-your-own vegetarian Entrée Salad with selected toppings (cheese, eggs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 26 Cheese Quesadilla	August 27 Oven Fry Vegetables over Seasonal Brown Rice	August 28 Rotini Pasta with Marinara Italian Sauce	August 29 Veggie Burger, Oven Baked Potatoes and Steamed Brown Rice	August 30 Vegetable Chow Meat
September 2 Labor Day Holiday No School	September 3 Beef & Cheese Burrito from Scratch	September 4 Tomato Soup and Grilled Cheese Sandwich	September 5 Vegetable & Beans in Cream & Sour Cream over Steamed Brown Rice	September 6 Penne Pasta with White Sauce
September 9 Veggie Taco Salad with Shredded Cheese Topping & Tortilla Chips	September 10 Baked Pasta with Alfredo Sauce and Cheese	September 11 Macaroni with Vegetables (Over Steamed Brown Rice)	September 12 Cheese Enchilada in Green Tomatillo Sauce	September 13 Steamed Bean & Cheese Burrito (with Sauce)
September 16 Freshly made Cheese, Lettuce & Tomato Sandwich	September 17 Vegetable Teriyaki with Beans & Broccoli over Brown Rice	September 18 Tomato Soup and Grilled Cheese Sandwich	September 19 Veggie Fajita with Sour Cream and Shredded Cheese	September 20 Fried Rice with Egg and Vegetables
September 23 Cheese Burrito and a Potato Roll	September 24 Beef & Cheese Burrito from Scratch	September 25 Macaroni & Cheese Bread Soup	September 26 Cheese Linguine with Fresh Tomatoes & Herbs	September 27 Chef Salad (Beef, Egg, Cheese on a Bed of Greens)

Cheese & Chicken Pasta with 1/2% Milk & Seasonal Vegetables 337-7870  
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AUGUST-SEPTEMBER  
FALL  
CYCLE MENU  
2013

## Welcome Back to School! MIDDLE SCHOOL MENU

**HOT WORK**

Monday: King Pin Chicken  
Tuesday: Beef Teriyaki with  
Vegetables  
Wednesday: Spicy & Hot Chicken  
Thursday: Sweet & Sour Chicken  
Friday: Teriyaki Chicken  
\*Seasonal substitutions

**Fiesta** Prepared for you by  
Food & Nutrition Services

Monday: Spicy Shrimp with  
Doritos, Tomatoes,  
Sauce & Cheese  
Tuesday: Beef Teriyaki with  
Vegetables  
Wednesday: Spicy & Hot Chicken  
Thursday: Sweet & Sour Chicken  
Friday: Teriyaki Chicken  
\*Seasonal substitutions

**COMFORT FOOD**

Monday: Chili Fries  
Tuesday: Macaroni & Cheese  
Wednesday: Turkey Chow with  
Shredded Potatoes &  
Roll  
Thursday: Broccoli Cheddar Potatoes  
with Corn of  
the Cob  
Friday: Macaroni with Meat  
Sauce & Cheese  
\*Seasonal substitutions

**DELI**

Monday: Turkey LT C&B  
Sandwich  
Tuesday: Chicken Salad  
Sandwich or  
Veggie Wraps  
Bowl  
Wednesday: Tuna Salad on  
A Delicious Roll  
Thursday: Smoked Turkey  
Hamlet & Lettuce  
Bowl  
Friday: Egg Salad  
Sandwich on a  
Whole Wheat  
Roll

**UPPER CRUST**

Hawaiian Pizza  
(Sausage Ham & Pineapple)  
Vegetable Topping Pizza  
(Sausage Peppers, Onions,  
Mushrooms & Cheese)  
Pepperoni Pizza  
Cheese Pizza

**Student Meal Prices:**

Deli \$3.75  
Comfort Food \$3.75  
Tuna \$3.99  
Hot Work \$3.99  
Upper Crust \$3.99  
Reduced Meal Price at lunch \$3.00  
Regular Meal Price at lunch \$4.50  
ADULT MENU PRICES (weekdays) \$4.50

**Breakfast Menu**

Monday: Eggs & Cheese  
Sandwich, Fruit, or  
Milkshake Bar  
Tuesday: Pancakes & Fruit  
Wednesday: Pancakes & Fruit  
Thursday: Pancakes & Fruit  
Friday: Pancakes & Fruit

Comments or Questions, please call Food & Nutrition Services at 337-7079  
Or email: nutrition@alameda.k12.ca.us

AUGUST/SEPTEMBER  
Fall Cycle Menu 2013

## WELCOME BACK TO SCHOOL! DAILY SPECIALS

**Smoked Turkey**  
Monday: Turkey LT C&B  
Sandwich

**Chicken**  
Tuesday: Chicken & Roll  
Sandwich on  
Whole Wheat  
Bread

**Tuna Salad**  
Wednesday: Tuna Salad on  
A Delicious Roll

**Smoked Turkey**  
Thursday: Smoked Turkey  
Hamlet on a Lettuce  
Bowl

**Egg Salad**  
Friday: Egg Salad with a  
Whole Wheat  
Roll

**Fresh Fruits**  
Monday: 100% All Seed  
Kaiser Roll

**Smoked Turkey**  
Tuesday: Smoked Turkey  
Ham & Cheese  
Sandwich

**Sweet Potato**  
Wednesday: Sweet Potato  
Bacon Burger

**Chicken**  
Thursday: Chicken  
Roll & Cheese  
Sandwich (Roll)

**Piled of Fish**  
Friday: Piled of Fish  
Burger

**High Protein Bowls**

Monday: Honey Pine  
Chicken  
Tuesday: Beef Teriyaki  
with Vegetables  
Wednesday: Spicy & Hot  
Chicken  
Thursday: Sweet & Sour  
Chicken  
Friday: Teriyaki  
Chicken

**Make it healthy!**  
All Lunch Bowls are served with  
a choice of fruit  
a choice of vegetable  
a choice of 1% milk with  
or without fruit punch every  
day!

**VEGAN ENTRÉES**  
available 3 days  
advance order  
call 337-7870

Comments or Questions, please call Food & Nutrition Services at 337-7079  
Or email: nutrition@alameda.k12.ca.us

Alameda Unified School District

ALAMEDA UNIFIED SCHOOL DISTRICT  
HIGH SCHOOL MENU



August-  
September  
Fall Cycle  
Menu  
2013

# Alameda Unified School District Food & Nutrition Services

Welcome  
Back to  
School!

## ELEMENTARY SCHOOL MENU

Make it healthy! Complete your meal with **fresh** or chilled **fruits** and **vegetables** in season from the **salad bar**.

All entrees are served with a choice of fruits, a choice of vegetables and a choice of 1% milk or fat-free chocolate milk (with no high fructose corn syrup).

MONDAY FAVORITE	TUESDAY FAVORITE	WEDNESDAY FAVORITE	THURSDAY FAVORITE	FRIDAY FAVORITE
 <b>PIZZA</b> By The Slice Fresh - Hot	 <b>Hamburgers</b>	 <b>Chicken Nuggets</b>	 <b>Hot Dogs</b>	 <b>Chicken Patty on A Bun</b>

Choose your entrée: the FAVORITE OF THE DAY above or the **EXTRA SPECIAL ENTRÉE OF THE DAY** below. Ask for a tasting!  
**Yami Yogurt** (gluten-free, lactose-free) Meal available everyday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>August 26</b> Chicken & Cheese Quesadilla	<b>August 27</b> Chicken Teriyaki with Vegetables over Steamed Brown Rice	<b>August 28</b> Rotini Pasta with Ground Beef Italian Sauce	<b>August 29</b> Oven Fried Chicken, Seasoned Corn and a Dinner Roll	<b>August 30</b> Chow Mein with Chicken and Vegetables
<b>September 2</b> <b>Labor Day Holiday</b> No School	<b>September 3</b> Oven Roasted Chicken Herbed Red Skin Potatoes, Roll	<b>September 4</b> Tomato Soup and Grilled Cheese Sandwich	<b>September 5</b> Sweet & Sour Chicken over Steamed Brown Rice	<b>September 6</b> Penne Pasta with Ground Beef Bolognese Sauce
<b>September 9</b> Kettle Cooked Beef Taco Salad with Shredded Cheese Topping & Tortilla Chips	<b>September 10</b> Rotini Pasta with Chicken Alfredo Sauce	<b>September 11</b> Chicken Mandarin Over Steamed Brown Rice	<b>September 12</b> Turkey Empanada in Green Enchilada Sauce and Cheese Topping	<b>September 13</b> Roasted Turkey with Gravy, Whipped Potatoes And a Dinner Roll
<b>September 16</b> Freshly made Tuna Salad Sandwich	<b>September 17</b> Teriyaki Beef Dipper With Broccoli and Brown Rice	<b>September 18</b> Chicken Noodle Soup and Grilled Cheese Sandwich	<b>September 19</b> Fish Tacos with Shredded Greens in a Special Sauce	<b>September 20</b> Chicken Fried Rice with Vegetables
<b>September 23</b> Cheese Ravioli And a Pretzel Rod	<b>September 24</b> Bean & Cheese Burrito from Scratch	<b>September 25</b> Macaroni & Cheese Bread Stick	<b>September 26</b> Roasted Chicken with Barbecue Sauce & Roll	<b>September 27</b> Chef Salad (Turkey, Eggs, Cheese on a Bed of Greens)

**VEGAN ENTREES ARE AVAILABLE 3 DAYS**  
ADVANCE ORDER. Call 337-7079

Comments & Questions- Please call the Food & Nutrition Services at 337-7079  
WWW.NUTRITION@ALAMEDA.K12.CA.US  
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August-  
September  
Fall Cycle  
Menu  
2013



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## ELEMEN

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or the EXTRA S  
Or VEG  
Yami Yog

All selections below are o  
or make-your-own

MONDAY	TU
<b>August 26</b> Cheese Quesadilla	<b>August 27</b> Stir Fr over St
<b>September 2</b> <b>Labor Day Holiday</b> No School	<b>September 3</b> Bean Burrito
<b>September 9</b> Veggie Taco Salad with Shredded Cheese Topping & Tortilla Chips	<b>September 10</b> Rotini with Alfredo Ch
<b>September 16</b> Freshly made Cheese, Lettuce & Tomato Sandwich	<b>September 17</b> Vegetab with Bean over Br
<b>September 23</b> Cheese Ravioli And a Pretzel Rod	<b>September 24</b> Bean Burr S

**strict**  
**es**

**WELCOME**  
**Back to**  
**School!**

**MENU**

es in season from the salad bar.  
vegetables and  
(no corn syrup).

**FAVORITE** **FRIDAY FAVORITE**



Chicken  
Patty on  
A Bun

Y above  
v. Ask for a tasting!  
e everyday.

SDAY	FRIDAY
August 29 Chicken, d Corn ner Roll	August 30 Chow Mein with Chicken and Vegetables
September 5 Sour over ed Rice	September 6 Penne Pasta with Ground Beef Bolognese Sauce
September 12 mpanada Enchilada e and Topping	September 13 Roasted Turkey with Gravy, Whipped Potatoes And a Dinner Roll
September 19 Facos redded s in a Sauce	September 20 Chicken Fried Rice with Vegetables
September 26 Chicken rbecue & Roll	September 27 Chef Salad (Turkey, Eggs, Cheese on a Bed of Greens)

Food & Nutrition Services at 337-7079  
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August-  
September  
Fall Cycle  
Menu  
2013

## Alameda Unified School District

WELCOME  
Back to  
School!

### ELEMENTARY VEGETARIAN MENU

Choose your entrée: the FAVORITE OF THE DAY  
or the EXTRA SPECIAL ENTRÉE OF THE DAY (see previous page)  
Or *VEGETARIAN OPTIONS* below. Ask for a tasting!  
**Yami Yogurt** (gluten-free, lactose-free) Meal available everyday.

All selections below are offered choice of milk and with a fruit & vegetable salad bar as a side  
or make-your-own vegetarian Entrée Salad with selected toppings (cheese, eggs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 26 Cheese Quesadilla	August 27 Stir Fry Vegetables over Steamed Brown Rice	August 28 Rotini Pasta with Meatless Italian Sauce	August 29 Veggie Burger, Oven Baked Fries	August 30 Vegetable Chow Mein
September 2 Labor Day Holiday No School	September 3 Bean & Cheese Burrito from Scratch	September 4 Tomato Soup and Grilled Cheese Sandwich	September 5 Vegetables & Beans in Sweet & Sour Sauce over Steamed Brown Rice	September 6 Penne Pasta with With Marinara Sauce
September 9 Veggie Taco Salad with Shredded Cheese Topping & Tortilla Chips	September 10 Rotini Pasta with Broccoli Alfredo Sauce and Cheese	September 11 Mandarin Mixed Vegetables Over Steamed Brown Rice	September 12 Cheese Enchilada in Green Tomatillo Sauce	September 13 Smothered Bean & Cheese Burrito (with Sauce)
September 16 Freshly made Cheese, Lettuce & Tomato Sandwich	September 17 Vegetable Teriyaki with Beans & Broccoli over Brown Rice	September 18 Tomato Soup and Grilled Cheese Sandwich	September 19 Veggie Fajita with Sweet Peppers and Onions and Shredded Cheese	September 20 Fried Rice with Egg and Vegetables
September 23 Cheese Ravioli And a Pretzel Rod	September 24 Bean & Cheese Burrito from Scratch	September 25 Macaroni & Cheese Bread Stick	September 26 Cheese Lasagna with fresh tomatoes & herbs	September 27 Chef Salad (Beans, Eggs, Cheese on a Bed of Greens)

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Comments & Questions—Please call the Food & Nutrition Services at 337-7079

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SEPTEMBER  
FALL  
CYCLE MENU  
2013

Alameda Unified School District



Welcome  
Back to  
School!

Trict

## N MENU

DAY  
(e previous page)  
tasting!  
everyday.

table salad bar as a side  
ings (cheese, eggs)

### FRIDAY

August 30  
Vegetable Chow  
Mein

September 6  
Penne Pasta with  
With Marinara  
Sauce

September 13  
Smothered Bean &  
Cheese Burrito  
(with Sauce)

September 20  
Fried Rice  
with Egg and  
Vegetables

September 27  
Chef Salad (Beans,  
Eggs, Cheese on a  
Bed of Greens)

AUGUST-  
SEPTEMBER  
FALL  
CYCLE MENU  
2013

Alameda Unified School District

# Welcome Back to School! MIDDLE SCHOOL MENU

## HOT WOK

Monday Kung Pao Chicken  
Tuesday Beef Teriyaki with  
Vegetables  
Wednesday Spicy & Hot Chicken  
Thursday Sweet & Sour Chicken  
Friday Teriyaki Chicken

\* Served with brown rice

## COMFORT FOOD

Monday Chili Fries  
Tuesday Macaroni & Cheese  
Wednesday Turkey Gravy with  
Mashed Potatoes &  
Roll  
Thursday Breaded Oven Fried  
Chicken with Corn on  
the Cob  
Friday Spaghetti with Meat  
Sauce & Cheese

\* Served with rolls or bread

## UPPER CRUST

Hawaiian Pizza  
( Smoked Ham & Pineapple )  
  
Vegetable Topping Pizza  
( Sweet Peppers, Onions,  
Mushrooms & Olives )  
  
Pepperoni Pizza  
  
Cheese Pizza

## FIESTA

Monday Spicy Empanada with  
Green Tomatillo  
Sauce & Cheese  
Tuesday Quesadilla with  
Cheese  
Wednesday Beef Taco Salad with  
Tortillas Chips  
Thursday Chicken & Cheese  
Enchillada  
Friday Fish Tacos

Prepared for you by  
Food & Nutrition Services



## DELI

Monday Turkey LT Club  
Sandwich  
Tuesday Chicken Salad  
Sandwich on  
Whole Wheat  
Bread  
Wednesday Tuna Salad on  
A Croissant Roll  
Thursday Smoked Turkey  
Ham on a Loco  
Bread  
Friday Egg Salad  
Sandwich on a  
Whole Wheat



Good Morning!

## BREAKFAST MENU

Choice of: Bagel & Cream  
Cheese, Cereal or  
Breakfast Bar  
Served with Fruit Juice or  
Fresh/Chilled Fruit  
and Milk (1% White or Fat-  
Free Chocolate)

On Tuesdays and Thursdays:  
Egg & Cheese Burrito From Scratch

### Student Meal Prices:

Deli	\$2.75
Comfort Food	\$2.75
Fiesta	\$3.00
Hot Wok	\$3.00
Upper Crust	\$3.00
Reduced Meal Price, all meals	\$0.40
Eligible Free Meals, all meals	\$0.00
ADULT MEAL PRICE, tax included	\$4.50

**VEGAN Entrees**  
available 3 days advance  
order Call: 337-7079

Comments or Questions, please call Food & Nutrition Services at 337-7079

Or email: [nutrition@alameda.k12.ca.us](mailto:nutrition@alameda.k12.ca.us)

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AUGUST/SEPTEMBER  
Fall Cycle Menu 2013



ALAMEDA UNIFIED SCHOOL DISTRICT

HIGH SCHOOL MENU

# School!

## MENU

Prepared for you by  
Food & Nutrition Services



### Good Morning! BREAKFAST MENU

Choice of: Bagel & Cream  
Cheese, Cereal or  
Breakfast Bar  
Served with Fruit Juice or  
Fresh/Chilled Fruit  
and Milk (1% White or Fat-  
Free Chocolate)  
On Tuesdays and Thursdays:  
Egg & Cheese Burrito From Scratch

\$2.75  
\$2.75  
\$3.00  
\$3.00  
\$3.00  
\$0.40  
\$0.00  
\$4.50

**VEGAN Entrees**  
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order Call: 337-7079

Services at 337-7079

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AUGUST/SEPTEMBER  
Fall Cycle Menu 2013



ALAMEDA UNIFIED SCHOOL DISTRICT

# HIGH SCHOOL MENU

## Welcome Back to School!

### DAILY SPECIALS

From the Sandwich Board		Fresh Salads Made from quality, local vegetables	From the Grill	
Monday	Turkey LT Club Sandwich		Monday	100% All Beef Hamburger
Tuesday	Chicken Salad Sandwich on Whole Wheat Bread		Tuesday	Smoked Turkey Ham & Cheese Sandwich
Wednesday	Tuna Salad on A Croissant Roll		Wednesday	Spicy Chicken Breast Burger
Thursday	Smoked Turkey Ham on a Loco Bread		Thursday	Grilled Rib-B-Que in Sourdough Bread
Friday	Egg Salad Sandwich on a Whole Wheat Bread		Friday	Fillet of Fish Burger
<b>RICE BOWLS*</b>		<b>From the Pizza Oven</b>	 <b>Good Morning!</b> <b>BREAKFAST MENU</b> Choice of: Bagel & Cream Cheese, Cereal or Breakfast Bar Served with Fruit Juice or Fresh/Chilled Fruit and Milk (1% White or Fat-Free Chocolate) On Tuesdays and Thursdays: Egg & Cheese Burrito From Scratch	
Monday	Kung Pao Chicken	Hawaiian Pizza (Smoked Ham & Pineapple)		
Tuesday	Beef Teriyaki with Vegetables	Vegetable Topping Pizza (Sweet Peppers, Onions, Mushrooms & Olives)		
Wednesday	Spicy & Hot Chicken	Pepperoni Pizza		
Thursday	Sweet & Sour Chicken	Cheese Pizza		
Friday	Teriyaki Chicken	<b>Fall Special: Turkey Empanada in Green Enchilada Sauce &amp; Cheese</b>		
* Made from brown rice				

#### Student Meal Prices:

Sandwiches	\$3.00
Burgers	\$3.00
Entrée Salads	\$3.25
Rice Bowls, Specials	\$3.25
Pizzas	\$3.25
Reduced Meal Price, all meals	\$0.40
Eligible Free Meals, all meals	\$0.00
ADULT MEAL PRICE, tax included	\$4.50

#### Make it healthy!

All Lunch Entrees are served with

- A choice of fruits
- A choice of vegetables
- A choice of 1% white milk or fat-free chocolate milk

Comments or Questions, please call  
Food & Nutrition Services at 337-7079

**VEGAN Entrees**  
available 3 days  
advance order  
Call: 337-7079

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