

To view and print this menu visit:  
<http://www.ljsd.org>



For information concerning your health and  
the Food Pyramid visit:  
<http://www.schoolnutrition.org>

## Prepay Methods

On Line Payment Visit:  
[WWW.MYNUTRIKIDS.COM](http://WWW.MYNUTRIKIDS.COM)

Make checks payable to:  
[Rancho Cafeteria](#)

Cash is accepted at any time.

**Rosa Orosemene**  
**Director of Nutrition Services**  
Phone: (562) 943-0211 ext 4265  
Fax: (562) 947-7611  
E-mail: [rrosemane@ljsd.org](mailto:rrosemane@ljsd.org)

"In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a discrimination complaint, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call 800 795-3272 or 202-720-5964 (TTY). USDA is an equal opportunity provider and employer."

LOWELL JOINT SCHOOL DISTRICT



# RANCHO STARBUCK INTERMEDIATE SCHOOL MENU 2009/2010

**DAILY GRAB & GO ITEMS \$1.50**

(Mid Morning Snack)

- Monday:** Bagel with Creamed Cheese
- Tuesday:** Scramble Egg Plate with Hash Brown Potatoes and Sausage
- Wednesday:** Breakfast Sausage Muffin
- Thursday:** Grilled Cheese Sandwich
- Friday:** Rise and Shine Breakfast Burrito

**Items available on selected days:**

- |                               |               |
|-------------------------------|---------------|
| Assorted Muffins              | Pancakes      |
| Cheese Quesadilla             | String Cheese |
| Bean and Cheese Burrito       | Pizza Bagel   |
| Cottage Cheese and Fruit      | Yogurt        |
| Assorted Cold and Hot Cereals |               |

**DELI LUNCH COMBO SELECTIONS \$3.00**

*Include a choice of: Side Salad, Fresh Fruits, Vegetables, Baked Chips, Milk or 4 oz. Assorted Juice*

- Mondays:** Turkey Ham and Cheese
- Tuesdays:** Subway Sandwich
- Wednesdays:** Turkey and Cheese
- Thursdays:** Pastrami and Cheese
- Fridays:** Subway Sandwich

**Every Day Lunch Favorites:**

Hot Soup, Salad Shakers, Yogurt Parfaits, Pizza, Chicken Sandwich, Spicy Chicken Sandwich, Chicken Nuggets, Grilled Cheese Sandwich. Fresh Fruit and Cottage Cheese Salad available upon request only.

**SNACK BOX**

- |   |        |                        |        |
|---|--------|------------------------|--------|
| Baked Chips .....                         | \$1.00 | Chex Mix.....          | \$1.00 |
| Cheese - Its .....                        | \$1.00 | Kettle Corn .....      | \$.75  |
| Corn Nuts.....                            | \$.75  | Rice Krispy Treat..... | \$.75  |
| Ice Cream.....                            | \$1.00 | Chocolate Chip Cookie  | \$.50  |
| Gatorade.....                             | \$1.50 | Milk/Juice.....        | \$.50  |
| Fruit Smoothies...                        | \$1.50 | Nacho Cheese.....      | \$1.00 |
| Churros/Pretzel.....                      | \$1.00 |                        |        |
| 100% Fruit Juice in assorted flavors..... | \$1.50 |                        |        |

**DAILY LUNCH COMBO \$3.00**



- Monday:** Domino's Pizza\*
- Grilled Ham and Cheese Sandwich
- Chili Dog or Hot Dog
- Beef Burrito
- Chef Salad

- Tuesday:** Big Daddy Pizza\*
- Spicy Chicken Sandwich
- Spicy Hot Wings
- Grilled Cheese Sandwich
- Pasta Salad

- Wednesday:** Domino's Pizza\*
- Chili Cheese Dog
- Baked Chicken
- Orange Mandarin Chicken or Teriyaki Chicken Rice Bowl
- Asian Chicken Salad

- Thursday:** Big Daddy Pizza\*
- Pasta with Marinara Sauce
- Parmesan Chicken Sandwich
- Chicken Caesar Salad

- Friday:** Domino's Pizza\*
- BBQ Rib Sandwich
- Tuna or Chicken Salad

**Combos must be carefully selected to include a minimum of three of the five food groups. Choose from the following items: One Entrée, Potato Chips, Assorted Breads, Fruit or 4 oz. Fruit Juice, Salad Bar, Milk. (All potato chip items are baked)**

**BBQ PICNIC LUNCH - FRIDAYS**

Combo Includes: Main Entrée, Baked Chips, Baked Beans, Corn On the Cob, Salad Bar, Choice of Assorted Beverages

- |                     |               |
|---------------------|---------------|
| Hamburger           | Cheese Burger |
| Chicken Sandwich    | Hot Dogs      |
| Grilled BBQ Chicken |               |

**BEVERAGES**

**MILK:** Chocolate Non-Fat, 1% White, Strawberry Splash, Chocolate and Vanilla Soy

**Adult Lunch Combo Meals \$3.50**



**\* Only available at the Starbuck Pizza Cart**