

LUNCH MENU

LOWELL JOINT SCHOOL DISTRICT

Menu Subject To Change

RANCHO-STARBUCK SCHOOL



REMINDER: Any number of lunches can be prepaid at the regular full price of \$2.50 (7-8).

| | |
|----------------------|---------------|
| INTERM. LUNCH | \$2.50 |
| 4 oz. juice | \$.25 |
| Milk | \$.40 |
| Water | \$1.00 |
| Frozen Yogurt | \$1.00 |

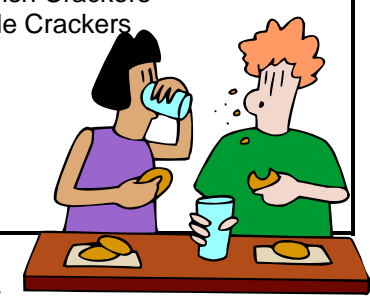
December 2007

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| 3 Salad/Dressing Fresh Fruit Jungle Crackers | 4 Carrot Sticks Baked Chips Mixed Fruit | 5 Sweet Corn Diced Pears | 6 Mashed Potatoes Fresh Fruit Apple Bar | 7 Oven Potatoes Dried Cherries Reduced Fat Choc. Chip Cookie |
| 10 Baked Oven Rounds Fresh Fruit Jungle Crackers | 11 Salad/Dressing/Salsa Mixed Fruit Mexican Sweet Bread | 12 Salad/Dressing Celery Sticks Reduced Fat Brownie | 13 Sweet Peas Fresh Pear Apple Bar | 14 Oven Potatoes Choice of Fruit Chocolate Belly Bears |
| 17 Orange Dipping Sauce Salad/Dressing Applesauce Choice of Snack | 18 Sliced Carrots Mixed Fruit | 19 Green Beans Sweet Orange | 20 Oven Potatoes Juice Cup Holiday Cookie | 21 Carrot Sticks Diced Pears Jungle Crackers |
| 24 | 25 | 26 | 27 | 28 |
| WINTER RECESS – DECEMBER 24, 2007 – JANUARY 4, 2008 | | | | |
| 31 | | | | |

Key: W/G- Contains Whole Grain in entree * Denotes Pork ** Denotes Peanuts RF = Reduced Fat

DAILY CHOICES (A)

| MILK | ENTREES | FRUITS | JUICES | BREAD/GRAINS |
|--|--|-----------------------------|--|--------------------------------------|
| Soy Chocolate Milk 1% White Milk Nonfat White Milk Nonfat Chocolate Milk Whole Milk on Request | 4 oz Yogurt & Sunflower Seeds Chicken Nuggets Chicken Bowl Turkey Dog on W/G Bun Pasta in Meat Sauce Spicy Chicken on Bun Classic Burger | Fresh Apples Diced Pears | 100% Apple Juice 100% Orange Juice * Denotes Pork ** Denotes Peanuts W/G- Contains Whole Grain in entree | Goldfish Crackers Jungle Crackers |



(A) = Student may choose 1 milk, 1 entree and 1 juice per day

Student may choose 2 fruits and 3 bread/grains per day

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