

Elementary School Menu



LUSDnutrition.org

November 18, 2024–February 28, 2025



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Week 1
11/18-22
12/9-13
12/30-1/3
1/20-24
2/10-14

Breakfast & Lunch

Consists of the Following Components:
1 Grain - 1 Additional Grain or a Meat/Meat Alternative - 1 Fruit - 1 Vegetable (Lunch) - 1 Milk

**3 must be taken and 1 Component must be 1/2 cup Fruit/Vegetable*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast– Assorted Cereal* Offered Daily.				
Breakfast Pizza w/ Turkey Sausage, Cinnamon Apple Nada*	Homemade Double Chocolate Muffin*, Breakfast Oats*	Yogurt Parfait w/ Granola*, Assorted Frudels*	Homemade Cinnamon Roll*, Oatmeal Bar w/ Graham*	Breakfast Taco w/ Chicken Sausage*, Breakfast Pops*
Lunch				
Mini Chicken Corn Dogs, Chicken Smackers w/ Biscuit, Mozzarella Breadsticks*	Teriyaki Chicken w/ Rice, BBQ Pulled Pork Sandwich+, Cheese Pizza*	Chef's Choice Chicken Soup, Chicken Patty Sandwich, Bean & Cheese Burrito*	CA Thursday's Fish Tacos, Texas Straw Hat, Breaded Mozzarella Dippers*	Popcorn Chicken Bowl, Hamburger, Toasted Cheese Sandwich*
Snack & After School Meal (ASM)				
Snack: Cheez-It Crackers & Fresh Fruit ASM: Sandwich Choice**,	Snack: Heartzel Pretzel & Cheese Stick ASM: WOWbutter Sandwich Meal*	Snack: Homemade Muffin & Fresh Fruit ASM: Bean & Cheese Burrito*	Snack: Graham Cracker & Nut-free Butter ASM: Cheese Pizza*	Snack: Doritos Chips & Fresh Fruit ASM: Mozzarella Breadsticks*

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast– Assorted Cereal* Offered Daily				
Breakfast Pizza w/ Turkey Sausage, Yogurt Cup w/ Graham*	Homemade Pumpkin Spice Muffin*, WOWbutter Sandwich w/ Graham*	Breakfast Burrito, Pancakes w/ Syrup*	Homemade Cinnamon Toast Bake*, Nutri-Grain Bar w/ Graham*	Toasted Sausage & Cheese English Muffin Sandwich, Cinnamon Apple Nada*
Lunch				
Pepperoni Pizza Stuffed Sandwich, Spaghetti w/ Focaccia, Mozzarella Quesadilla*	Chef's Choice Chicken w/ Rice, Chicken & Jalapeno Longboard, Cheese Pizza*	Roasted Chicken w/ Biscuit, Chicken Smackers w/ Biscuit, Enchilada w/ Scratch Red Sauce*	CA Thursday's Hot Dog*, Deli Sandwich, Vegetarian Burger*	Turkey Bowl w/ Roll, Cheeseburger, Breaded Mozzarella Dippers*
Snack & After School Meal (ASM)				
Snack: Pop Oats & Yogurt Cup ASM: Green Chile Burrito*	Snack: Cheez-It Cracker & Fresh Fruit ASM: Toasted Cheese Sandwich*	Snack: Homemade Muffin & Low Fat Milk ASM: Chicken & Jalapeno Longboard**	Snack: Sunflower Seeds & Fresh Fruit ASM: Yogurt Protein Meal*	Snack: Graham Crackers & Low Fat Milk ASM: Nacho Cheese w/ Chips*

Week 2
11/25-29
12/16-20
1/6-10
1/27-31
2/17-21

Breakfast & Lunch

At least 80% of our grains are Whole Grain rich

EVERY DAY we also offer:
1% White Milk - Non Fat Chocolate Milk

Fresh, local fruits & vegetables!

Week 3
12/2-6
12/23-27
1/13-17
2/3-7
2/24-28

Snack & After School Meal

Meal Consists of 5 Food Components:
1/4 cup Fruit
1/2 cup Vegetable
Whole Grain Item
Meat/ Meat Alternative
Milk

**3 must be taken*

***Snack Consists of 2 Food Components**

We Offer at Least One Whole Grain Item Daily
All Snacks are Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast– Assorted Cereal* Offered Daily				
Yogurt Cup w/ Graham*, Waffles w/Syrup*	Homemade Snickerdoodle Muffin*, WOWbutter Sandwich w/ Graham*	Breakfast Pizza w/ Turkey Sausage, Pan Dulce*	Homemade Banana Chocolate Muffin*, Strawberry Smoothie w/ Graham*	Toasted Turkey Ham & Cheese English Muffin Sandwich, Oatmeal Bar w/ Graham*
Lunch				
Lasagna w/ Scratch Sauce & Focaccia*, Pepperoni Pizza Stuffed Sandwich, Nacho Cheese w/ Chips*	Breakfast for Lunch: Cinnamon Toast Bake w/ Chicken Sausage, Chicken Smackers w/ Biscuit, Mac & Cheese*	Chicken Tacos, Chicken Patty Sandwich, Cheese Pizza*	CA Thursday's Green Chile Burrito*, Chicken Fried Rice, Yogurt Parfait w/ Granola*	Pork Pozole w/ Chips+, Hamburger, Pizza Bagel Bites*
Snack & After School Meal (ASM)				
Snack: Sunflower Seeds & Fresh Fruit ASM: Chicken Corn Dog Minis**	Snack: Doritos Chips & Cheese Stick ASM: Pizza Bagel Bites*	Snack: Homemade Muffin & Fresh Fruit ASM: Toasted Turkey-ham & Cheese Sandwich**	Snack: Graham Crackers & Nut-free Butter ASM: Cheese Pizza*	Snack: Sweet Crackers & Yogurt Cup ASM: Breaded Mozzarella Dippers*

WEEK ONE

WEEK THREE