



September Elementary Lunch



Students must take 3 of the 5 components offered and a minimum of a half cup of fruit and/or vegetable.

All meals are served with 1% white milk or non-fat chocolate milk.

Contains:

Beef (B)
Chicken (C)
Halal (H)
Pork (P)
Turkey (T)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 1 NO SCHOOL LABOR DAY | 2 Beef and Cheese Taco (B) Black Bean and Cheese Taco | 3 Pepperoni Pizza (T) Chana Masala with Rice and Naan Bread | 4 Chicken Patty (C) on a Bun Yogurt Parfait with Fruit and Granola | 5 Mini Cheeseburgers (B) Cheese Ravioli in Marinara Sauce |
| 8 Hot Dog (B, H) on a Bun Three Bean Chili with Tortilla Chips | 9 Orange Chicken (C) over Brown Rice Mozzarella Bites w/ Marinara Cup | 10 Chicken Nuggets (C) with Crackers Vegan Kickin' Tenders with Crackers | 11 Tikka Masala Chicken (C) with Rice and Naan Bread Cheese Pizza | 12 Pork Rib-B-Q (P) on a Bun Mac & Cheese with a Dinner Roll |
| 15 Chicken Drumstick (C) with a Waffle Veggie Dumplings | 16 Beef and Cheese Taco (B) Black Bean and Cheese Taco | 17 Pepperoni Pizza (T) Chana Masala with Rice and Naan Bread | 18 Chicken Patty (C) on a Bun Yogurt Parfait with Fruit and Granola | 19 Mini Cheeseburgers (B) Cheese Ravioli in Marinara Sauce |
| 22 Hot Dog (B, H) on a Bun Three Bean Chili with Tortilla Chips | 23 Orange Chicken (C) over Brown Rice Mozzarella Bites w/ Marinara Cup | 24 Chicken Nuggets (C) with Crackers Vegan Kickin' Tenders with Crackers | 25 Tikka Masala Chicken (C) with Rice and Naan Bread Cheese Pizza | 26 Pork Rib-B-Q (P) on a Bun Mac & Cheese with a Dinner Roll |
| 29 Chicken Drumstick (C) with a Waffle Veggie Dumplings | 30 Beef and Cheese Taco (B) Black Bean and Cheese Taco | Offered Daily: Bean & Cheese Dip with Tortilla Chips | | |

Menu
Subject to
Change
Based on
Product
Availability

One lunch is
NO COST
for all
students

Lunch
includes an
entrée, one
trip to the
garden bar
and milk

PLEASE NOTE: FCUSD Food Services requests that eligible families complete a school meals application online. Please visit the Food Services Dept website via the FCUSD home page for the online application, federal income eligibility guidelines, application instructions and Frequently Asked Questions: www.fcusd.org (On the FCUSD home page, click on Food & Nutrition)

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FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT