



Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> 	<p>24</p> <p>Chicken Nuggets W/ Tater Tots Cheese Quesadilla(V) Twin Mini Cheeseburgers</p> <p>*Fruit &amp; Veggie Bar 1% White or Non Fat Choc Milk</p>	<p>25</p> <p><b>BALANCED CHOICES</b></p> <p>Hot Dog W/ Potato Wedges Galaxy Pizza(V) Fish Nuggets W/ Chips</p> <p>*Fruit &amp; Veggie Bar 1% White or Non Fat Choc Milk</p>	<p>26</p> <p><b>BALANCED CHOICES</b></p> <p>Whole Grain Pasta W/ Marinara &amp; Bosco Stick(V) Cheeseburger or Veggie Burger Popcorn Chicken W/ Goldfish Crackers</p> <p>*Fruit &amp; Veggie Bar 1% White or Non Fat Choc Milk</p>	<p>27</p> <p>French Toast Sticks W/ Egg Patty or Sausage Cheese Enchilada(V) W/ Spanish Rice Chicken Patty on a Whole Wheat Bun *Fruit &amp; Veggie Bar 1% White or Non Fat Choc Milk</p>
<p>30</p> <p>Tonys Pizza(V) BBQ Rib Sandwich Mini Corn Dogs W/ Animal Crackers</p> <p>*Fruit &amp; Veggie Bar 1% White or Non Fat Choc Milk</p>	<p>31</p> <p><b>BALANCED CHOICES</b></p> <p>Bagel W/ Cream Cheese &amp; Yogurt(V) Popcorn Chicken W/ Tater Tots Chicken Taquitos W/ Spanish Rice *Fruit &amp; Veggie Bar 1% White or Non Fat Choc Milk</p>			

The School Lunch Program is operated in accordance with the U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap, or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food service provided by Chartwells School Dining Services.

\*Fresh Fruit and Vegetables Bar  
Offered Daily Featuring:  
Fresh Salad Greens  
Canned fruit  
Baby Carrots  
Raisins  
Fresh Fruit Of The Day  
Fresh Veggie Of The Day

You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the Child Nutrition office at (925) 824.1809.

Lunch:  
Price: \$3.50 paid, \$0.40 reduced\*, free\* (\*if qualified), \$4.25 adult



Balanced Choice Meals are combinations that are promoted as complete meals, exceed USDA meal standards and include one full serving of vegetables and at least one full serving of fruit

Milk- All milk served in our cafeterias is hormone free and our chocolate milk is free of high fructose corn syrup

## EAT LOCAL

## Tomatoes!



**WORD SEARCH**  
Find the names of different local tomatoes!



**CONNECT THE DOTS**  
Tomato plant growing

C	U	R	R	A	N	T	R	E	D	W	G
A	S	L	R	U	L	M	B	Q	A	B	O
M	O	O	L	R	I	E	H	N	T	P	L
P	O	K	C	O	C	I	G	E	I	C	D
A	H	A	B	M	C	E	U	V	I	N	E
R	Y	E	N	A	P	O	L	I	G	N	N
I	I	T	V	S	C	I	T	O	Y	S	G
T	O	S	Z	B	I	G	R	E	D	C	E
I	A	F	A	D	I	P	E	P	L	U	M
C	H	E	R	R	Y	C	A	C	C	O	F
L	E	E	C	I	N	R	E	P	M	U	P
A	T	B	A	N	A	N	A	L	E	G	S

- BIG RED
- HEIRLOOM
- VINE
- GOLDEN GEM
- ROMA
- BANANAL LEGS
- CURRENT RED
- BEEFSTEAK
- CHERRY
- NAPOLI
- PLUM
- CAMPARI

