



















































THINK

[CA]

CHOOSE TO EAT WELL

Palo Alto Unified School District Middle School Menu December 2018

Select your favorite entrée and seasonal fruits & vegetables from the Garden Bar, Thursdays feature all **locally grown fruits and vegetables**. **Organic produce used when available**. Low-fat or fat-free, hormone free milk is included with all meals. All breads are rich in whole grains. A meal includes an entrée, fruit and vegetable selection.

	Monday	Tuesday	Wednesday	Thursday	Friday
 Offered With Fruit & Vegetable	Chicken Nuggets With Dinner Roll Macaroni & Cheese With Dinner Roll 	Chicken Drumstick Mashed Potatoes & Dinner Roll Grilled Bean & Cheese Burrito   	Beef Tacos or Veggie Tacos   Chili Dogs 	Spaghetti with Meat or Marinara Sauce With Dinner Roll   Chicken Corn Dog	Meatball Sandwich   Spicy Chicken Tenders With Breadstick
 All Grill Items offered with Potato Wedges	100% Beef Cheeseburger Bosco Sticks with Marinara  Vegetarian Burger 	100% Beef Cheeseburger Vegetarian Burger  Crispy Chicken Sandwich	100% Beef Cheeseburger Spicy Chicken Sandwich Vegetarian Burger 	Crispy Chicken Sandwich Bosco Sticks with Marinara  Vegetarian Burger 	100% Beef Cheeseburger Grilled Cheese Sandwich  Vegetarian Burger 
BUILD TO ORDER BARS Offered with the appropriate toppings for each bar	BURRITO BOWL BAR  	ASIAN BOWL  	NACHO BAR  	DELI BAR-12/6 & 12/20 POTATO BAR-12/13   	PIZZA BAR 100% Mozzarella New York Pizza 
 Offered with Fruit or Vegetable	100% Mozzarella, Veggie, or Pepperoni 	100% Mozzarella, Hawaiian or Pepperoni 	100% Mozzarella Sausage or Pepperoni 	100% Mozzarella, Veggie or Pepperoni 	Pizza Bar Above
 All Deli Items made with all natural meats and cheeses and served with Fruit or Vegetable	Turkey & Cheese Sandwich   Beef Taco or Veggie Taco Salad With Tortilla Chips  	Garden Salad With Dinner Roll 	Roast Beef Club Sandwich Box  Buffalo Chicken Wrap  	Spinach Salad w/ Dinner Roll  Protein Box with Fresh Fruit & Sunflower Seeds 	Cup of Soup-Tomato with 1/2 Sandwich 
	Garden Salad Black Beans Broccoli Celery Sticks Fresh Fruit 2-3	Caesar Salad Tomatoes Carrot Sticks Applesauce Fresh Fruit 2-3	Garden Salad Cucumbers Corn Diced Peaches Fresh Fruit 2-3	Caesar Salad Cucumbers Pinto Beans Fresh Kiwi Fresh Pears	Garden Salad Edamame Carrot Sticks Diced Pears Fresh Fruit 2-3



We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options

For menu nutritional information and foods containing common food allergens





















































This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call 866-632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339, or 800-845-6136 (Spanish).





Palo Alto Unified School District Middle School Menu November 2018

Select your favorite entrée and seasonal fruits & vegetables from the Garden Bar, Thursdays feature all **locally grown** **fruits and vegetables**. **Organic produce used when available**. Low-fat or fat-free, hormone free milk is included with all meals. All breads are rich in whole grains. A meal includes an entrée, fruit and vegetable selection.

	Monday	Tuesday	Wednesday	Thursday	Friday
	Popcorn Chicken With Dinner Roll Mac & Cheese With Dinner Roll 	Chicken Drumstick Mashed Potatoes & Dinner Roll Grilled Bean & Cheese Burrito   	Beef Tacos or Veggie Tacos   Teriyaki Chicken Sandwich 	Spaghetti with Meat or Marinara Sauce With Dinner Roll   Chicken Corn Dog	Meat Lasagna or Veggie Lasagna   Spicy Chicken Tenders With Breadstick
 <small>All Grill Items offered with Potato Wedges</small>	100% Beef Cheeseburger Bosco Sticks with Marinara  Spicy Black Bean Burger 	100% Beef Cheeseburger Spicy Black Bean Burger  Crispy Chicken Sandwich	100% Beef Cheeseburger Spicy Chicken Sandwich Spicy Black Bean Burger 	Crispy Chicken Sandwich Bosco Sticks with Marinara  Spicy Black Bean Burger 	100% Beef Cheeseburger Grilled Cheese Sandwich  Spicy Black Bean Burger 
BUILD TO ORDER BARS Offered with the appropriate toppings for each bar	BURRITO BOWL BAR  	ASIAN BOWL  	NACHO BAR  	DELI BAR   	PIZZA BAR 100% Mozzarella New York Pizza 
	100% Mozzarella,  Veggie, or Pepperoni	100% Mozzarella,  Hawaiian or Pepperoni	100% Mozzarella  Sausage or Pepperoni	100% Mozzarella,  Veggie or Pepperoni	Pizza Bar Above
 <small>All Deli Items made with all natural meats and cheeses</small>	Turkey & Cheese Sandwich   Beef Taco or Veggie Taco Salad   With Tortilla Chips	Chicken Caesar Salad With Dinner Roll  Caesar Salad With Dinner Roll  	Roast Beef Club Sandwich Box  Buffalo Chicken Wrap  	Chicken Caesar Salad w/ Dinner Roll  Protein Box with Fresh Fruit &  Sunflower Seeds	Cup of Soup- Tomato with 1/2 Sandwich or Clam Chowder in Bread Bowl 
We offer a variety of fresh garden variety 	Garden Salad Black Beans Broccoli Celery Sticks Fresh Fruit 2-3	Caesar Salad Tomatoes Carrot Sticks Applesauce Fresh Fruit 2-3	Garden Salad Cucumbers Corn Diced Peaches Fresh Fruit 2-3	Caesar Salad Cucumbers Pinto Beans Fresh Kiwi Fresh Pears	Garden Salad Edamame Carrot Sticks Diced Pears Fresh Fruit 2-3

-  LOCAL
-  CLEAN
-  FRESH
-  VEGETARIAN

We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates

For menu nutritional information and foods containing common food allergens please visit www.pausd.org

This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call 866-632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339, or 800-845-6136 (Spanish).

