

KID'S CHOICE CAFÉ

LUNCH ONLY \$1.75

Begins September 2, 2008 "Menu subject to change"

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|--------------------------------|------------------------------------|---------------------------|------------------------------|
| Fiesta Taco Pocket | Bean and Cheese Burrito ♦ | Chicken Fajita & Cheese Quesadilla | Chicken Nuggets | Pizza Bagel ♦ |
| Super Cheese Pizza ♦ | Mini Cured Turkey & Cheese Sub | Oven Crispy Fish Shapes | Grilled Cheese Sandwich ♦ | All American Cheeseburger |
| Turkey Hot Dog | Chicken Patty on a Bun | Macaroni and Cheese ♦ | Spaghetti & Meat Sauce | Beef Teriyaki Nuggets w/Rice |

♦ Meatless Entree

SALAD BAR EVERYDAY

Students may select one entrée and one or more selections from the salad bar containing a variety of fresh and canned fruits, vegetables, dressings and other side dishes. Milk is available at each meal.



IT'S TIME FOR BREAKFAST

Start your day right with a healthy breakfast – only \$1.00!

Chorizo and Egg Burrito contains beef chorizo, Breakfast on a Stick contains turkey sausage.

All other breakfast entrees are meatless.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|------------------|-------------------------|-----------------------|--------------------------------|---------------------------------|
| Week 1 | Pancakes w/Syrup | Chorizo and Egg Burrito | Waffle Sticks w/Syrup | Breakfast Sandwich | Breakfast Bean & Cheese Burrito |
| Week 2 | Waffles w/Syrup | Breakfast On a Stick | Mozzarella Breadstick | Scrambled Eggs & Potato Rounds | Cheese Quesadilla |

Assorted cereal with graham crackers or yogurt with graham crackers offered daily as an entrée choice.

BREAKFAST BAR EVERYDAY

Students may select one entrée and one or more selections from the breakfast bar containing a variety of fruits and other side dishes. Milk is available at each meal.

How to Prepay for School Meals

Breakfast: - \$ 1.00 - Lunch - \$1.75

PREPAY BY CREDIT CARD

Prepay for meals by MasterCard, VISA or Discover Card using the PayPAMS meal payment system. Call 1 888 994-5100 (automated phone system) or visit our website at www.sandi.net/food and select the link *pre-payment for meals*, or www.paypams.com. To set up an account you will need your child's student ID number.

PREPAY AT SCHOOL-CASH OR CHECK

Put cash or checks made payable to your child's school cafeteria account in a sealed envelope. Write your child's name, birth date and teacher's name on the envelope.



School Meals are the Right Choice

SDUSD Food Services follows SHAPE California (Shaping Health as Partners in Education) guidelines for menu planning. These healthy eating guidelines are even more strict than those of the USDA. Meals are computer analyzed and provide 1/3 of the Recommended Daily Allowances (RDA). The SHAPE program insures that less than 30% of calories come from fat and that whole-grains, fresh fruits and vegetables are included in the meal. School meals are the healthy choice for every student.

Looking for a job?

Join the Food Services Team at your neighborhood school.

- > Enjoy part time work near home
- > Enjoy working with school-age children
- > Become a part of our excellent Food Services team



Starting Pay:
\$ 9.65 an hour

Call 858 627-7321



"At Mission Fed, It's Our Mission to Proudly Support San Diego Unified Schools and Families!"