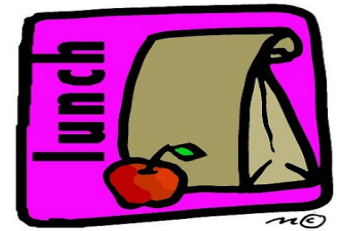




Lost Hills Union School District

Menu 2019/2020

LUNCH



Serving Dates	Monday	Tuesday	Wednesday	Thursday	Friday
8/5-8/9 9/9-9/13 10/14-10/18 11/18-11/22 1/20-1/24 2/24-2/28 3/30-4/3 5/11-5/15	Taco Pocket Baby Carrots Pinto Beans Applesauce Tapatio Sauce Choice Of Milk	Chile Beans Corn Bread Muffin Steamed Mixed Vegetables Gold Rush Juice Diced Peaches Choice Of Milk	Cheese Burger Twins Sweet Potato Fries Jicama Sticks Diced Pears Mustard & Mayo Ketchup 1% Fat Milk	Soft Taco Pinto Beans Cabbage W/Lemon Mixed Fruit Choice Of Milk	Cheese Pizza Steamed Broccoli Chile Lime Carrots Apricots Choice Of Milk
8/12-8/16 9/16-9/20 10/21-10/25 12/2-12/6 1/27-1/31 3/2-3/6 4/13-4/17 5/18-5/22	Chicken Tamale Pinto Beans w/Cheese Garden Salad Apricots Choice Of Milk	Tostada Bowl Pinto Beans Lettuce & Tomato Fresh Apples Choice Of Milk	Chicken Tenders BBQ Sauce Goldfish Cracker Potato Wedges & Ketchup Diced Peaches Choice Of Milk	Super Nachos Tortilla Chips Baby Carrots Gold Rush Juice Applesauce Choice Of Milk	Stuffed Cheese Breadsticks Marinara Sauce Garden Salad Mixed Fruit Choice Of Milk
8/19-8/23 9/23-9/27 10/28-11/1 12/9-12/13 2/3-2/7 3/9-3/13 4/20-4/24 5/25-5/29	Chicken Quesadilla Steamed Green Beans Gold Rush Juice Mixed Fruit Choice Of Milk	Spaghetti Hot Dinner Roll Steamed Corn Spinach Salad Applesauce Choice Of Milk Choice Of Milk	Hamburger Lettuce & Tomato Mustard & Mayonnaise Potato Fries & Ketchup Fresh Pears Choice Of Milk	Roasted Chicken Mashed Potatoes Mixed Veggies Apricots Choice Of Milk	Grilled Cheese Sandwich Green Beans Fresh Salad Diced Peaches Choice Of Milk
8/26-8/30 9/30-10/4 11/4-11/8 1/6-1/10 2/10-2/14 3/16-3/20 4/27-5/1	Jumbo Corn Dog Potato Wedges Gold Rush Juice Diced Pears Choice Of Milk	BBQ Chicken Teriyaki Brown Rice Steamed Mixed Vegetables Baby Carrots Apricots Choice Of Milk	Crispy Chicken Sandwich Lettuce & Tomato Mustard & Mayonnaise BBQ Beans Applesauce Choice Of Milk	Frito Boats Goldfish Cracker Steamed Corn Jicama Sticks Fresh Apples Choice Of Milk	Cheese Pizza Sliders Green Beans Gold Rush Juice Diced Pears Choice Of Milk
9/2-9/6 10/7-10/11 11/11-11/15 1/13-1/17 2/17-2/21 3/23-3/27 5/4-5/8	Stuffed Cheese Breadsticks Marinara Sauce Romaine Salad Diced Peaches Choice Of Milk	Super Nachos Tortilla Chips Baby Carrots Gold Rush Juice Mixed Fruit Choice Of Milk	Hot Dog Potato Wedges Corn on the Cobb Apricots Choice Of Milk	Orange Chicken Brown Rice Steamed Green Beans Chile Lime Carrots Applesauce Choice Of Milk Milk	Bean And Cheese Burrito Steamed Corn Potato Wedges Jicama Sticks Fresh Pears Choice Of Milk

Menu is subject to change without notice upon availability of product! "This institution is an equal opportunity provider."

A Meal Must Include At Least 3 Lunch Items, one being either a 1/2 c fruit or juice and 1/2 c vegetable. Milk is either Low Fat 1% Or Fat Free Milk

All Bread Products Are Whole Grain Rich. Holiday Monday's And Teacher Inservice Are In Red.

Holidays On Monday Menu Will Be Served On Tuesday Of That Week