

October 2020 SFSP K-12 Hybrid Combo A Lunch Menu (with options for In-School (Hot, Hot Vegetarian & Cold) & Virtual (Cold Distant Bundle))					
	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch	Potatoes, Reverse Pshycology & Rebranding			Sesame Chicken Steamed Rice Asian Broccoli Fruit of the Day	Baked Penne & Meatsauce w/Shredded Cheese Caesar Salad w/ Caesar Dressing Fresh Fruit of the Day
Week I	When first introduced, the farmers in Prussia hated potatoes and refused to plant them, as they don't have any smell or taste. King Frederick wanted to change this image of potatoes. So, he ordered his staff to plant a 'Royal Garden' of potatoes and guard it heavily. Seeing the admiration and security given to these tubers, local farmers started stealing the plant from Royal Garden. The guards too pretended not to notice this, as per King's orders. This reverse pshycology made potatoes a well-established crop in Prussia.			Pizza Quesadilla Veggie of the Day/Week Fruit of the Day/Week	Meatballs & Ketchup Nacho Cheese Chips Veggie & Fruit of the Day/Week
Distant Bundle Lunch					
Hot Lunch	Golden Chicken Patty Sandwich WG Bun & Ketchup Baked Cheetos Celery Sticks & Ranch Fruit of the Day	Beef Taco Pasta Bake Penne Pasta, Seasoned Beef Shredded Cheese & Cilantro Steamed Sweet Corn Fruit of the Day	Build Your Own TexMex Meatball Wrap Southwest Seasoned Meatballs WG Tortilla, Shredded Cheese Sour Cream & Cholula, Shredded Lettuce Fruit of the Day	Brunch Lunch French Toast Sticks & Syrup 100% V Juice Fruit of the Day	Chicken & Potato Pilaf Steamed Broccoli Fruit of the Day
Week II					
Distant Bundle Lunch	Cheese Bun Cool Ranch Doritos Veggie & Fruit of the Day/Week	Breaded Chicken Patty & Bun Mixed Berry Animal Crackers Veggie & Fruit of the Day/Week	All Beef Hamburger & Bun Nacho Cheese Doritos Veggie & Fruit of the Day/Week	Maple Waffle Chicken Sandwich & Cheese Stick Veggie of the Day/Week Fruit of the Day/Week	4.6 oz Wowbutter & Jelly Sandwich Veggie of the Day/Week Fruit of the Day/Week
Hot Lunch	Mongolian Meatballs Steamed Rice Baby Carrots & Ranch Fruit of the Day	Cheddar Chicken Patty Sandwich WG Bun, Breaded Chicken Patty Shred Cheddar Cheese, Ketchup Baby Carrots, Lemon Blueberry Bites Fruit of the Day	Scallop Potatoes & Beef Dinner Roll Crisp Dinner Salad & Dressing Fruit of the Day	Cheese Calzone Italian Dippin Sauce Steamed Corn Fruit of the Day	Cheeseburger Pasta Bake Garden Geeens Salad & Dressing Fruit of the Day
Week III					
Distant Bundle Lunch	Cheese Bun Nacho Cheese Doritos Veggie & Fruit of the Day/Week	Chicken Corn Dog Lemon Blueberry Bites Veggie & Fruit of the Day/Week	Italian Calzone Veggie of the Day/Week Fruit of the Day/Week	Bean & Cheese Burrito Veggie of the Day/Week Fruit of the Day/Week	All Beef Hot Dog Kit Veggie of the Day/Week Fruit of the Day/Week
Hot Lunch	Homemade Southwest Joe WG Bun & Shredded Cheese Steamed Corn Fruit of the Day	Chicken Taco Wrap WG Tortilla, Crunch Chicken Shredded Cheese, Boom Sauce Creamy Bean Dip & Tortilla Chips Fruit of the Day	Old Fashioned Hamburger WG Bun, Ketchup, Mustard & Pickles Cheezits Baby Carrots & Ranch Fruit of the Day	Orange Chicken Seasoned Brown Rice Fresh Broccoli & Dip Fruit of the Day	Creamy Mac & Cheese Crisp Salad & Dressing Fruit of the Day
Week IV					
Distant Bundle Lunch	Cheese Bun Veggie of the Day/Week Fruit of the Day/Week	Make Your Own Nachos Cheese Cup, String Cheese & Corn Chips Veggie & Fruit of the Day/Week	WOW Butter Cup & Bagel Cheese Stick Veggie & Fruit of the Day/Week	Pizza Quesadilla Veggie of the Day/Week Fruit of the Day/Week	Meatballs & Ketchup Nacho Cheese Chips Veggie & Fruit of the Day/Week
Hot Lunch	Meatball Sub w/ Mozzarella Cheese WG Bun Cool Ranch Doritos Steamed Corn Fruit of the Day	Sweet & Sour Chicken Seasoned Rice Asian Marinated Broccoli Fruit of the Day Fortune Cookie	Hearty Walking Beef Taco Nacho Cheese Chips & Homemade Taco Meat, Shredded Cheese Cheesy Refried Beans Fruit of the Day	Chicken Fritter Wrap w/ Youza Sauce Chicken Fritters, WG Tortilla Cheese & Youza Sauce Baby Carrots & Ranch Fruit of the Day	Enchilada Pasta Fresh Cilantro Crisp Salad & Homemade Dressing Fruit of the Day
Week V					
Distant Bundle Lunch	Cheese Bun & Cool Ranch Doritos Veggie of the Day/Week Fruit of the Day/Week	Breaded Chicken Patty & Bun Veggie of the Day/Week Fruit of the Day/Week	All Beef Hamburger & Bun Baked Cheetos Veggie & Fruit of the Day/Week	Maple Waffle Chicken Sandwich & Cheese Stick Elf Grahams Veggie & Fruit of the Day/Week	4.6 oz Wowbutter & Jelly Sandwich Veggie of the Day/Week Fruit of the Day/Week

Weeks	Vegetarian Lunch Options are Offered Daily (Served with Veggie & Fruit of the Day)*				
I, III, V	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Veg	Garden Burger	Cheese Calzone	Pizza Crunchers w/Italian Dip	Mac & Cheese	Wild Mikes Cheese Bites & Italian Dip
Cold Veg	Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	Wow Butter Cup, Cheese Stick & Bagel	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick & Mini Pancake Bag
II, IV, VI	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Veg	Cheese Quesadilla & Cholula	Cheese Lasagna	Stuffed Cheese Bread w/Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich
Cold Veg	Yogurt, Cheese Cubes & Stuffed Cream Cheese Bagel	Cheese Cup, String Cheese & Tortilla	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Hard Cooked Egg & Mini French Toast Bag

*Hot vegetarian lunches come with the veggie & fruit of hot lunches - Cold Vegetarian lunches come with the veggie & fruit of Distant Bundle Lunches

November 2020 SFSP K-12 Hybrid Combo A Lunch Menu (with options for In-School (Hot, Hot Vegetarian & Cold) & Virtual (Cold Distant Bundle))					
	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch	Premium Chicken Nuggets Ketchup Nacho Cheese Doritos	All Beef Hamburger WG Bun & Ketchup Cheetos	Au Gratin Potatoes & Chicken Fresh Bakery Roll Garden Salad & Dressing	Brunch Lunch French Toast Sticks & Syrup 100% V Juice	Build your Own Beef & Chz Nachos Tortilla Chips, Seasoned Beef Cheddar Chz Cup & Sour Cream
Week VI	Steamed Sweet Corn Fruit of the Day	Celery Sticks & Ranch Fruit of the Day	Fruit of the Day	Fruit of the Day	Cheesy Refried Beans Fruit of the Day
Distant Bundle Lunch	Cheese Bun Nacho Cheese Doritos Veggie & Fruit of the Day/Week	Chicken Corn Dog Lemon Blueberry Bites Veggie & Fruit of the Day/Week	Italian Calzone Veggie of the Day/Week Fruit of the Day/Week	Bean & Cheese Burrito Corn Chips Veggie & Fruit of the Day/Week	Hot Dog & Bun Cheetos Veggie & Fruit of the Day/Week
Hot Lunch	Juicy Mozzarella Burger WG Bun & Ketchup Cool Ranch Doritos	Golden Chicken Tenders Ranch Dip Mini Goldfish Crackers	Cheesy Quesadilla Crisp Dinner Salad & Dressing Fruit of the Day	Early Dismissal No Lunch Served	NO SCHOOL
Week I	CKC Chilled Picnic Beans Fruit of the Day	Crisp Celery Sticks Fruit of the Day	Elf Grahams		
Distant Bundle Lunch	Cheese Bun Veggie of the Day/Week Fruit of the Day/Week	Make Your Own Nachos Cheese Cup, String Cheese & Corn Chips Veggie & Fruit of the Day/Week	WOW Butter Cup & Bagel Honey Roasted Sun Seeds Veggie & Fruit of the Day/Week		
Hot Lunch	Golden Chicken Patty Sandwich WG Bun & Ketchup Baked Cheetos	Beef Taco Pasta Bake Penne Pasta, Seasoned Beef Shredded Cheese & Cilantro	Build Your Own TexMex Meatball Wrap Southwest Seasoned Meatballs WG Tortilla, Shredded Cheese	Brunch Lunch French Toast Sticks & Syrup 100% V Juice	Chicken & Potato Pilaf Steamed Broccoli Fruit of the Day
Week II	Celery Sticks & Ranch Fruit of the Day	Steamed Sweet Corn Fruit of the Day	Sour Cream & Cholula, Shredded Lettuce Fruit of the Day	Fruit of the Day	
Distant Bundle Lunch	Cheese Bun Cool Ranch Doritos Veggie & Fruit of the Day/Week	Breaded Chicken Patty & Bun Mixed Berry Animal Crackers Veggie & Fruit of the Day/Week	All Beef Hamburger & Bun Nacho Cheese Doritos Veggie & Fruit of the Day/Week	Maple Waffle Chicken Sandwich & Cheese Stick Veggie of the Day/Week Fruit of the Day/Week	4.6 oz Wowbutter & Jelly Sandwich Veggie of the Day/Week Fruit of the Day/Week
Hot Lunch	Mongolian Meatballs Steamed Rice Baby Carrots & Ranch	Cheddar Chicken Patty Sandwich WG Bun, Breaded Chicken Patty Shred Cheddar Cheese, Ketchup	Early Dismissal No Lunch Served	NO SCHOOL Happy Thanksgiving!	NO SCHOOL
Week III	Fruit of the Day	Baby Carrots, Lemon Blueberry Bites Fruit of the Day			
Distant Bundle Lunch	Cheese Bun Nacho Cheese Doritos Veggie & Fruit of the Day/Week	Chicken Corn Dog Lemon Blueberry Bites Veggie & Fruit of the Day/Week			
Hot Lunch	Homemade Southwest Joe WG Bun & Shredded Cheese Steamed Corn	Food Science <i>Olericulture - Science of growing vegetables</i> <i>Pomology - Science of growing fruits</i> <i>Apiculture - Science of rearing bees (Bee Keeping) for honey and wax production</i>			
Week IV	Fruit of the Day	Food Art <i>Chiffonade - Shredding or Fine chopping vegetables to use as garnish</i> <i>Vandyke (a lemon) - Cutting zig zag pattern in lemons to create half lemon garnishes</i> <i>Quadriller - Making criss cross patterns on the surface of food, for presentation</i>			
Distant Bundle Lunch	Cheese Bun Veggie of the Day/Week Fruit of the Day/Week				
Weeks I, III, V	Hot Vegetarian & Cold Lunch Options are Offered Daily (Served with Veggie & Fruit of the Day)*				
Hot Veg	Garden Burger	Cheese Calzone	Pizza Crunchers w/Italian Dip	Mac & Cheese	Wild Mikes Cheese Bites & Italian Dip
Cold	Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	Wow Butter Cup, Cheese Stick & Bagel	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick & Mini Pancake Bag
Hot Veg	Cheese Quesadilla & Cholula	Cheese Lasagna	Stuffed Cheese Bread w/Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich
Cold	Yogurt, Cheese Cubes & Stuffed Cream Cheese Bagel	Cheese Cup, String Cheese & Tortilla	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Hard Cooked Egg & Mini French Toast Bag

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.