

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prices: Full Price \$2.25 Reduced \$0.40 Free \$0.00 Milk w/o Meal \$0.40</p>	<p>1 Pizza Day! Cheese Pizza (WG) Pepperoni Pizza (WG)(P) Cool California Vegetable Blend 100% Fruit Juice Shape-Ups</p>	<p>2 Southwest Chicken Bowl PB & Jelly Sandwich (V) Meatball Sandwich Terrific Tossed Salad Brave Banana</p>	<p>3 Breakfast for Lunch Day! Eggs & Veggie Sausage (V) Chicken & Waffles Eggo Blueberry Mini Pancakes (WG) Delicious Deli Roasted Potatoes Smart Strawberries</p>	<p>4 Fish Sticks Grilled Chicken Salad Cheese Quesadilla (V) Garden Vegetable Blend Proud Pear</p>
<p>7 8 9 10 11 School Nutrition Employee Week Why not say "thank you" to the people working in your cafeteria today?</p>				
<p>14 Meatless Monday! Veggie Lo Mein (V) PB & Jelly Sandwich (V) Veggie Quesadilla (V)(WG) Perfect Peas & Carrots Fantastic Fuji Apple</p>	<p>15 Pizza Day! Cheese Pizza (WG) Pepperoni Pizza (WG)(P) Crisp Baby Carrots 100% Fruit Juice Shape-Ups</p>	<p>16 Hamburger (WG Bun) Cheese Burger (WG Bun) Mac & Cheese (LF)(V) Cool California Vegetable Blend Brave Banana</p>	<p>17 Oven Baked Chicken Meatloaf PB & Jelly Sandwich (V) Mighty Mashed Potatoes w/ Gravy Outta Sight Orange Dinner Roll</p>	<p>18 Chili Cheese Nachos (L) Corn Dog (L)(WG) Grilled Cheese (WG)(V) Super Spinach Salad Smart Strawberries Goldfish Crackers (WG)</p>
<p>21 Meatless Monday! Grilled Cheese (V)(WG) Cheese Ravioli (V)(WG) Chili (V) w/ Cornbread (WG) Garden Vegetable Blend Fantastic Fuji Apple</p>	<p>22 Pizza Day! Cheese Pizza (WG) Pepperoni Pizza (WG)(P) Crisp Baby Carrots 100% Fruit Juice Shape-Ups</p>	<p>23 Hamburger (WG Bun) Cheese Burger (WG Bun) Mac & Cheese (LF)(V) Cool California Vegetable Blend Brave Banana</p>	<p>24 Breakfast for Lunch Day! Eggs & Veggie Sausage (V) Chicken & Waffles Eggo Blueberry Mini Pancakes (WG) Delicious Deli Roasted Potatoes Proud Pear</p>	<p>25 In Lieu of Lincoln's Day Holiday No School</p>
<p>28 Memorial Day Holiday No School</p>	<p>29 Pizza Day! Cheese Pizza (WG) Pepperoni Pizza (WG)(P) Crisp Baby Carrots 100% Fruit Juice Shape-Ups</p>	<p>30 Grilled Cheese (V)(WG) PB & Jelly Sandwich (V) Bean & Cheese Burrito Crazy Corn Brave Banana</p>	<p>31 Turkey Burger (WG Bun) Meatball Sandwich PB & Jelly Sandwich (V) Super Spinach Salad Smart Strawberries</p>	<p>(L) Lower Fat Poultry (V)(V)Vegetarian (WG) Whole Grain (GF) Gluten Free (LF) Low Fat (P) Pork</p>

We serve 1% White Milk daily and Nonfat Chocolate Milk on Mondays.

All milk is locally sourced and rBST hormone free.

Oakland elementary schools are "meatless" on Mondays!



Menu subject to change based on availability.

NUTRIENT AVERAGES	
Calories	580
Total Fat	27%
Saturated Fat	9.3%
Cholesterol	51 mg
Sodium	902 mg
Fiber	7.2 g

NUTRIENT TARGETS	
Calories	645
Total Fat	<30%
Saturated Fat	<10%
Cholesterol	<100 mg
Sodium	<1100 mg
Fiber	6 g

