



Pacifica Lunch Menu December 2017

Fitness Tip

My Plate Recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family
- Physical activity should be fun and offer variety

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					<ul style="list-style-type: none"> •Bean & Cheese Enchilada •Pasta Alfredo •Bagel, Cream Cheese & String Cheese (V) •Chicken Caesar Salad w/Roll •Domino's at Cabrillo 				
4	<ul style="list-style-type: none"> •Corn Dog w/Fries •Italian Dunkers w/Marinara Sauce (V) •Breakfast for Lunch •Tuna Sandwich 	5	<ul style="list-style-type: none"> •Chicken Nuggets •Fishwich •Sun Butter & Jelly Sandwich (V) •Crispy Chicken Salad w/Roll 	6	<ul style="list-style-type: none"> •Crispy Chicken Sandwich •Turkey & Gravy w/Mashed Potatoes •Bean & Cheese Nachos •Yogurt Cup w/string Cheese, Goldfish & Graham Crackers (V) 	7	<ul style="list-style-type: none"> •Burger Bar Choice of: Hamburger Cheeseburger Veggie Burger (V) 	8	<ul style="list-style-type: none"> •Pizza Galore Day! Choice of: Cheese (V) Pepperoni Hawaiian Sausage or Combo
					11				
					12				
					13				
					14				
					15				
11	<ul style="list-style-type: none"> •Beef Teriyaki Dippers w/Brown Rice •Fish Stick w/Brown Rice •Grilled Cheese Sandwich •American Sub Sandwich 	12	<ul style="list-style-type: none"> •Pork Rib-B-Que on a Roll •Bean & Cheese Burrito (V) •Spaghetti & Meat sauce w/Breadstick •Ham & Cheese Wrap 	13	<ul style="list-style-type: none"> •Hot Dog w/Fries •Macaroni & Cheese w/Roll (V) •Ham & Cheese Sub Sandwich •Yogurt Parfait w/String Cheese (V) 	14	<ul style="list-style-type: none"> •Taco Bar Choice of: Soft or Hard Shells Beef or Chicken Tacos Vegetarian Tacos (V) Taco Salad 	15	<ul style="list-style-type: none"> •Bean & Cheese Enchilada •Pasta Alfredo •Bagel, Cream Cheese & String Cheese (V) •Chicken Caesar Salad w/Roll
					18				
					19				
					20				
					21				
					22				
18	<ul style="list-style-type: none"> •Corn Dog w/Fries •Italian Dunkers w/Marinara Sauce (V) •Breakfast for Lunch •Tuna Sandwich 	19	<ul style="list-style-type: none"> •Chicken Nuggets •Fishwich •Sun Butter & Jelly Sandwich (V) •Crispy Chicken Salad w/Roll 	20	<ul style="list-style-type: none"> •Crispy Chicken Sandwich •Turkey & Gravy w/Mashed Potatoes •Bean & Cheese Nachos •Yogurt Cup w/string Cheese, Goldfish & Graham Crackers (V) 	21	<ul style="list-style-type: none"> •Pizza Galore Day! Choice of: Cheese (V) Pepperoni Hawaiian Sausage or Combo 	22	No School
					25				
					26				
					27				
					28				
					29				
No School					No School				
No School					No School				
No School					No School				
No School					No School				

Lunch Price: \$3.25/\$0.40 Reduced

Free & Reduced Meal Applications are available at all schools and the District Office
 Visit www.ezschoollpay.com to prepay for your student meals

This institution is an equal opportunity employer
 Menu subject to change
 Questions? Call Lisa Kern @ 650-738-6647