

All enrolled students eat FREE
(one breakfast and one lunch
per day)

Second Breakfast: \$1.75
Second Lunch: \$2.85
Adult Breakfast: \$3.75
Adult Lunch: \$4.75



- 2023 -

SEPTEMBER

TITAN
SCHOOL DISTRICT
FRIDAY

COLUSA
UNIFIED SCHOOL DISTRICT

Student Nutrition

KEY: Breakfast LUNCH

Local fresh meat/ produce

Scratch made in kitchen

Daily Fruit & Vegetable Options
Breakfast: Fresh apples, applesauce, citrus fruit, frozen fruit cup, raisins/craisins, bananas, 100% fruit juice & canned fruit
LUNCH EVERYDAY: Baby carrots, celery, cucumbers, dark leafy greens, garbanzo beans, green pes, & kidney beans
MONDAY: Melons/kiwis, broccoli, cherry tomatoes, black beans, cauliflower, corn, & tossed green ranch salad
TUESDAY: Stone fruit/Persimmon, romaine lettuce, tomato slices, black beans, pepperoncini, onions, pickles, jalapenos, & coleslaw/broccoli slaw
WEDNESDAY: Berries/grapes, cilantro, salsa, pinto beans, sour cream, radishes, & elote (corn) salad
THURSDAY: Bananas/grapes, romaine lettuce, bell peppers, pinto beans, olives, corn/jicama, & Caesar salad
FRIDAY: assortment of fruit, mixed salad, bean mix.

Condiments: ranch, Italian, mayonnaise, mustard, ketchup, relish, taco sauce, hot sauce, & bbq sauce.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 No School	5 Buttermilk Bar & A Fresh Pear CORN DOG & SCOOBY-DOO CRACKERS	6 Bridgford Biscuit with Pork Sausage Patty & A Banana PIZZA & A SALAD	7 French Toast Sticks & Fruit Smoothie BROCCOLI ALFREDO & BREAD STICK	1 Plain Bagel w/ Plain or Strawberry Cream Cheese & Stone Fruit JAMBALAYA & A PATRIOTIC COOKIE
11 Chocolate, Chocolate Chip Muffin & A Fresh Pear HOT DOG & TATER TOTS	12 Twist & Go Strawberry Banana Smoothie & Donut BBQ PULLED PORK & BAKED CHIPS	13 Bagel & Cream Cheese & Banana CHILE CHEESE TAMALE & BEANS	14 Waffles with Turkey Bacon & Berries BEEF SPAGHETTI & TEXAS TOAST	8 Apple Frudel or Cereal & Fresh Stone Fruit OVEN FRIED CHICKEN & A BROWNIE
18 Buttermilk Bar & Fresh Fruit	19 Muffin & Fruit Cup	20 Breakfast Wrap with Salsa & A Banana	21 Overnight Oats with Berries	15 Eggstravaganza with English Muffin & Stone Fruit TONY'S PEPPERONI PIZZA & SALAD
Due to kitchen remodel at GEORGE T. EGLING MIDDLE SCHOOL ONLY, fruits & vegetables selection will be limited.				
BURRITO & BROWNIE	DELI SANDWICH & COOL RANCH CHIPS	CHIMI NADA & GUACAMOLE	CHICKEN TAQUITOS & COOKIE	MICHAEL B'S PRETZEL DOG & CHIPS
25 Warm Apple Pastry & A Fresh Pear SQUARE PIZZA & FRUIT SALAD	26 Fruit & Rice Pudding BEEF BURGER WITH TURKEY BACON & BAKED LAYS CHIPS	27 Breakfast Pizza & Banana SHREDDED BEEF QUESADILLA & PICO DE GALLO	28 Cheesy Potato Breakfast Bake & English Muffin Half BAKED SAUSAGE PENNE & BREADSTICK	22 Cereal & Fresh Stone Fruit 29 Cinnamon Rice Chex with String Cheese & A Stone Fruit MANDARIN ORANGE CHICKEN & NO-FRY, FRIED RICE