

Menu subject to change according to what is fresh, local and in season.

(V)=Vegetarian

NEA / ACLC - MIDDLE & HIGH SCHOOL MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| <p>Offered Daily Upper Crust Cheese Pizza (V) Pepperoni Pizza Hawaiian Pizza Chef's Choice Pizza</p> | <p>Offered Daily Upper Crust Cheese Pizza (V) Pepperoni Pizza Hawaiian Pizza Chef's Choice Pizza</p> | <p>Offered Daily Upper Crust Cheese Pizza (V) Pepperoni Pizza Hawaiian Pizza Chef's Choice Pizza</p> | <p>Offered Daily Upper Crust Cheese Pizza (V) Pepperoni Pizza Hawaiian Pizza Chef's Choice Pizza</p> | <p>Offered Daily Upper Crust Cheese Pizza (V) Pepperoni Pizza Hawaiian Pizza Chef's Choice Pizza</p> |
| <p>Hot Wok Kung Pao Chicken with Fresh Vegetables Brown Rice Bowl</p> | <p>Hot Wok Beef Teriyaki with Fresh Vegetables Brown Rice Bowl</p> | <p>Hot Wok Spicy Chicken with Fresh Vegetables Brown Rice Bowl</p> | <p>Hot Wok Teriyaki Chicken with Fresh Vegetables Brown Rice Bowl</p> | <p>Hot Wok Sweet & Sour Chicken with Fresh Vegetables Brown Rice Bowl</p> |
| <p>Daily Special 100% All Beef Burger with Baked Fries</p> | <p>Daily Special BBQ / Oven Fried Chicken with Corn on the Cob & Roll</p> | <p>Daily Special Chicken Patty Burger with Baked Fries</p> | <p>Daily Special Spaghetti with Meat Balls Spaghetti w/ Marinara (V)</p> | <p>Daily Special Fish Filet Burger with Baked Fries</p> |
| <p>Fiesta Bean & Cheese Burrito (V)</p> | <p>Fiesta Street Tacos with Chicken or Ground Turkey</p> | <p>Fiesta Hand Rolled Burrito with Chicken or Pork Carnitas</p> | <p>Fiesta Taco Salad with Chips</p> | <p>Fiesta Crunchy Beef Tacos</p> |
| <p>Grab & Go Turkey Ham & Cheese Sand Chef's Choice Salad</p> | <p>Grab & Go Beef Meatball Hoagie Chef's Choice Salad (V)</p> | <p>Grab & Go Grilled Cheese Sandwich (V) Chef's Choice Salad</p> | <p>Grab & Go Chicken Strips Ranch Wrap Chef's Choice Salad</p> | <p>Grab & Go Turkey Breast Sandwich Chef's Choice Salad (V)</p> |

A full student lunch includes an entree supplying protein and grain, up to three (3) vegetable and fruit side dishes and milk. A cold vegetable and fresh fruit bar is available daily on which we feature a variety of veggies and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich veggies including red/orange and dark green vegetables, as well as beans and other additional choices.



You may qualify for free or reduced price meals. Applications are available at all schools, on line and the district office. For questions regarding the food service program you can call the Nutrition office at (510) 337-7079.

This Institution is an Equal Opportunity Provider and Employer.

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

MEAL PRICES:

Paid Meal: \$3.50

REDUCED: \$0.40

FREE: \$0.00