



NEW

Week 1 begins on the first weekday of the month. Weeks 1 & 5 are the SAME week - unless week 5 is a complete week - THEN week 1 will follow week 5.

Guajome Park Academy

MIDDLE and HIGH SCHOOL LUNCH WELLNESS MENU

AUG 2011 THROUGH JAN 2012

Students who qualify for reduced priced meals receive meals at no charge.

PRICES

Breakfast	\$ 1.75
Lunch	\$ 3.50

Ala Carte Menu Choices

In accordance with new state laws for reducing fat & sugar in providing meals for our students, we offer foods with 35% or less fat (of which 10% or less is saturated fat). Our entrees also contain no more than the maximum allowable 400 calories.

Lunch "Wellness" Menu

We offer many Reduced-Fat & Whole-Grain choices in our new "Wellness Menu". All Salad Entrees are now served with low-fat dressing containing 5 grams or less total fat.

Menu is subject to change without notice due to availability.

Daily Breakfast Choices

Group 1: Entée
Group 2: Milk
Group 3: Fruit OR Juice

Only one choice offered daily

A complete breakfast meal includes one choice from any 2 breakfast groups. Students are encouraged to take all offered breakfast menu items.

Breakfast is offered before school.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>New</p> <p>Supreme Turkey Club Sandwich</p> <p>Bosco Stuffed Pepperoni Pizza Stick Burrito</p> <p>PB & J Uncrustable</p>	<p>Italian 3-meat Sub on a Wheat Roll</p> <p>Chicken Caesar Salad</p> <p>Cheeseburger on a Wheat Bun Burrito</p> <p>PB & J Uncrustable</p>	<p>New</p> <p>Chicken Caesar Pita</p> <p>Asian Chicken Salad</p> <p>New BBQ Rib Sandwich Burrito</p> <p>PB & J Uncrustable</p>	<p>Whole-Grain Deli Sandwich</p> <p>Antipasto Salad</p> <p>Hot & Spicy Chicken Party on a Wheat Bun Burrito</p> <p>PB & J Uncrustable</p>	<p>New</p> <p>Spicy Italian on a Wheat Roll</p> <p>Big Daddy's Reduced Fat Meat Combo <i>or</i> Cheese Pizza</p> <p>Burrito</p> <p>PB & J Uncrustable</p>
<p>New</p> <p>Supreme Turkey Club Sandwich</p> <p>Chili Cheese Dog Burrito</p> <p>PB & J Uncrustable</p>	<p>Italian 3-meat Sub on a Wheat Roll</p> <p>Chicken Caesar Salad</p> <p>Chicken Party on a Wheat Bun Burrito</p> <p>PB & J Uncrustable</p>	<p>New</p> <p>Chicken Caesar Pita</p> <p>Asian Chicken Salad</p> <p>Pepperoni & Cheese filled Bosco Sticks Burrito</p> <p>PB & J Uncrustable</p>	<p>Whole-Grain Deli Sandwich</p> <p>Antipasto Salad</p> <p>Hamburger on a Wheat Bun Burrito</p> <p>PB & J Uncrustable</p>	<p>New</p> <p>Spicy Italian on a Wheat Roll</p> <p>Big Daddy's Reduced Fat Pepperoni <i>or</i> Cheese Pizza</p> <p>Burrito</p> <p>PB & J Uncrustable</p>

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