

Alameda Unified School District

Summer Seamless Menu

July/Aug 2015

Menu subject to change according to what is fresh, local, and in season. Green Color and (V)=Vegetarian

This Institution is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
20-Jul Corn Dog Fruit and Veggie Milk	21-Jul Bean & Cheese Burrito(V) Taco Sauce Pkt. Fruit and Veggie Milk	22-Jul Hot Dog Fruit and Veggie Milk	23-Jul Cold Meal Turkey on Wheat Fruit and Veggie Milk	24-Jul Taco Pocket Fruit and Veggie Milk
27-Jul Bean & Cheese Burrito(V) Taco Sauce Pkt. Fruit and Veggie Milk	28-Jul Cold Meal Turkey Club w/cheese on Wheat Fruit and Veggie Milk	29-Jul Hamburger Fruit and Veggie Milk	30-Jul Chicken Patty Fruit and Veggie Milk	31-Jul Cold Meal Bologna Sandwich on Wheat Fruit and Veggie Milk
3-Aug Corn Dog Fruit and Veggie Milk	4-Aug Cold Meal Salami w/cheese on Wheat Fruit and Veggie Milk	5-Aug Hot Dog Fruit and Veggie Milk	6-Aug Bean & Cheese Burrito(V) Taco Sauce Pkt. Fruit and Veggie Milk	7-Aug Cold Meal Turkey on Wheat Fruit and Veggie Milk
10-Aug Corn Dog Fruit and Veggie Milk	11-Aug Cold Meal Turkey Club w/cheese on Wheat Fruit and Veggie Milk	12-Aug Cheeseburger Fruit and Veggie Milk	13-Aug Chicken Patty Fruit and Veggie Milk	14-Aug Cold Meal Bologna Sandwich on Wheat Fruit and Veggie Milk
17-Aug Bean & Cheese Burrito(V) Taco Sauce Pkt. Fruit and Veggie Milk	18-Aug Cold Meal Salami w/cheese on Wheat Fruit and Veggie Milk	19-Aug Hot Dog Fruit and Veggie Milk	20-Aug Chicken Patty Fruit and Veggie Milk	21-Aug Cold Meal Turkey on Wheat Fruit and Veggie Milk
24-Aug Corn Dog Fruit and Veggie Milk	25-Aug Cold Meal Turkey Club w/cheese on Wheat Fruit and Veggie Milk	26-Aug Hamburger Fruit and Veggie Milk	27-Aug Bean & Cheese Burrito(V) Taco Sauce Pkt. Fruit and Veggie Milk	28-Aug Cold Meal Bologna Sandwich on Wheat Fruit and Veggie Milk

A full student lunch includes an entree supplying protein , grain, vegetables, fruit and milk.
A cold vegetable /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.

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.