



Pacifica School District Lunch Menu October 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

	2		3		4		5		6
	<ul style="list-style-type: none"> •Chicken Nuggets •Bean & Cheese Enchilada (V) •Turkey & Cheese Wrap •Yogurt Cup w/String Cheese, Goldfish & Graham Crackers (V) 		<ul style="list-style-type: none"> •Corn Dog w/Fries •Italian Dunkers w/Marinara Sauce (V) •Breakfast for Lunch •Tuna Sandwich 		<ul style="list-style-type: none"> •Crispy Chicken Sandwich •Turkey & Gravy w/Mashed Potatoes & Roll •Bean & Cheese Nachos (V) •Yogurt Cup w/string Cheese, Goldfish & Graham Crackers (V) 		<ul style="list-style-type: none"> •Burger Bar Choice of: Hamburger Cheeseburger Veggie Burger (V) 		<ul style="list-style-type: none"> •Pizza Galore Day! Choice of: Cheese (V) Pepperoni Hawaiian Sausage Combo
No School	9		10		11		•12		13
		<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 		<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) 		<ul style="list-style-type: none"> •Taco Bar Choice of: Soft or Hard Shells Beef or Chicken Tacos Vegetarian Tacos (V) Taco Salad 		<ul style="list-style-type: none"> •Pizza Galore Day! Choice of: Cheese (V) Pepperoni Hawaiian Sausage Combo 	
	16		17		18		19		20
	<ul style="list-style-type: none"> •Corn Dog w/Fries •Italian Dunkers w/Marinara Sauce (V) •Breakfast for Lunch •Tuna Sandwich 		<ul style="list-style-type: none"> •Chicken Nuggets •Fishwich •Sun Butter & Jelly Sandwich (V) •Crispy Chicken Salad w/Roll 		<ul style="list-style-type: none"> •Crispy Chicken Sandwich •Turkey & Gravy w/Mashed Potatoes & Roll •Bean & Cheese Nachos (V) •Yogurt Cup w/string Cheese, Goldfish & Graham Crackers (V) •Domino's at OceanShore 		<ul style="list-style-type: none"> •Burger Bar Choice of: Hamburger Cheeseburger Veggie Burger (V) •Domino's at Ortega 		<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
	23		24		25		26		27
	<ul style="list-style-type: none"> •Beef Teriyaki Dippers w/Brown Rice •Fish Stick w/Brown Rice •Grilled Cheese Sandwich •American Sub Sandwich 		<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 		<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) 		<ul style="list-style-type: none"> •Taco Bar Choice of: Soft or Hard Shells Beef or Chicken Tacos Vegetarian Tacos (V) Taco Salad 		<ul style="list-style-type: none"> •Pizza Galore Day! Choice of: Cheese (V) Pepperoni Hawaiian Sausage Combo
	30		31		1		2		3
	<ul style="list-style-type: none"> •Corn Dog w/Fries •Italian Dunkers w/Marinara Sauce (V) •Breakfast for Lunch •Tuna Sandwich •Domino's at Sunset Ridge 		<ul style="list-style-type: none"> •Chicken Nuggets •Bean & Cheese Enchilada (V) •Turkey & Cheese Wrap •Yogurt Cup w/String Cheese, Goldfish & Graham Crackers (V) •Domino's at Vallemar 		<ul style="list-style-type: none"> •Crispy Chicken Sandwich •Turkey & Gravy w/Mashed Potatoes & Roll •Bean & Cheese Nachos (V) •Yogurt Cup w/string Cheese, Goldfish & Graham Crackers (V) •Domino's at OceanShore 		<ul style="list-style-type: none"> •Burger Bar Choice of: Hamburger Cheeseburger Veggie Burger (V) •Domino's at Ortega 		<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

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