

# Summer Menus

2016  
Sacramento City Unified Schools



SCUSD is an equal opportunity provider and employer.

Menu subject to change

Meals come with **Milk** & include assortments of **seasonal fresh produce:**  
Apple slices, Baby carrots, Zucchini, Pineapple spears, Cherry Tomatoes, Stone fruit & Grapes

Our local Farm-to-School partner this summer is **Farmington Fresh Farms** bringing us fresh produce for our summer menus!



## Their Story

Since 1995 Farmington Fresh has been rethinking the produce industry. A company with generations rooted in the California orchards, they continue the farming tradition of being family-owned and operated today.

We are proud to partner with them and of their history as one of the first companies to slice and package fresh fruit. Since then they've continued to raise the bar on produce innovation; every day they look to create new ways to share the freshest-tasting produce with us, they're our customers.

They believe good food can also be convenient, and aim to streamline busy lives without sacrificing health. Farmington Fresh exists to deliver ripe, ready and thoughtful produce that we are proud to serve this summer in our summer meals!



**Ripe. Ready.  
Thoughtful**

### Monday, June 20

#### Breakfast

Whole Grain Cereal  
Fruit Cup

#### Lunch

Italian Combo  
Sandwich w/Turkey  
Ham, Turkey  
Pepperoni, Turkey  
Salami & cheese

Whole Grain Harvest  
Cheddar Sunchips

100% Fruit Juice

Trail Mix w/sunflower

### Tuesday, June 21

#### Breakfast

Belvita Crisp  
Tropical Fruit Cup

#### Lunch

Deconstructed Nachos  
w/ Whole Grain  
Chips, Cheese Sauce  
Cup, Tomato Salsa  
& Wholly Guacamole

Fresh Apple Slices w/  
Tajin

### Wednesday, June 22

#### Breakfast

Whole Grain Cocoa  
Muffin

Strawberry  
Applesauce

#### Lunch

Turkey Breast &  
Cheese Hoagie  
Sandwich

*Bolthouse* Carrot  
Snacker w/ Chile Lime  
dippin' sauce

Seasonal Fresh Fruit  
(Peach or Pear)

### Thursday, June 23

#### Breakfast

Super Bakery Whole  
Grain Gems

100% Fruit Juice

#### Lunch

Sunbutter & Grape  
Jelly Sandwich  
String Cheese

Zucchini Sticks &  
Ranch dressing

Pineapple spears

### Friday, June 24

#### Breakfast

Whole Grain Cereal  
Fruit Cup

#### Lunch

Italian Combo  
Sandwich with  
chicken, Turkey  
Pepperoni & cheese

Raisins

100% Fruit Juice

Whole Grain Corn  
Chips

### Monday, June 27

#### Breakfast

Whole Grain Cereal  
Fruit Cup

#### Lunch

Turkey & Cheese  
Wedge Sandwich

Strawberry  
Applesauce

Mountain Quest Dried  
Fruit Mix

Whole Grain Corn  
chips

### Tuesday, June 28

#### Breakfast

Mini Cinnis  
100% Fruit Juice

#### Lunch

Croissant Sandwich  
with Turkey Ham &  
Cheese

Cherry Tomatoes

Fresh Grapes

### Wednesday, June 29

#### Breakfast

Cinnamon Roll  
Applesauce

#### Lunch

Turkey Breast &  
Cheese Hoagie  
Sandwich

*Bolthouse* Carrot  
Snacker w/ Ranch  
dippin' sauce

Whole Grain Cheeze  
-Its

### Thursday, June 30

#### Breakfast

Golden Graham  
Cereal Bar  
Raisins

#### Lunch

Italian Combo  
Sandwich w/Turkey  
Ham, Turkey  
Pepperoni, Turkey  
Salami & cheese

*Farmington Fresh*—  
Fresh Grapes & sliced  
Apples

Whole Grain Sun

### Friday, July 1

#### Breakfast

Whole Grain Cereal  
Fruit Cup

#### Lunch

Munchable: Turkey  
& Cheese Kit

Goldfish Pretzels

100% Fruit Juice

Applesauce



**No School**

**Tuesday, July 5**  
**Breakfast**  
 Belvita Crisp  
 Tropical Fruit Cup  
**Lunch**  
 Deconstructed Nachos w/ Whole Grain Chips, Cheese Sauce Cup, Tomato Salsa & Wholly Guacamole  
 Fresh Apple Slices w/ Tajin

**Wednesday, July 6**  
**Breakfast**  
 Whole Grain Cocoa Muffin  
 Strawberry Applesauce  
**Lunch**  
 Turkey Breast & Cheese Hoagie Sandwich  
*Bolthouse* Carrot Snacker w/ Chile Lime dippin' sauce  
 Seasonal Fresh Fruit (Peach or Pear)

**Thursday, July 7**  
**Breakfast**  
 Super Bakery Whole Grain Gems  
 100% Fruit Juice  
**Lunch**  
 Sunbutter & Grape Jelly Sandwich  
 String Cheese  
 Zucchini Sticks & Ranch dressing  
 Pineapple spears

**Friday, July 8**  
**Breakfast**  
 Whole Grain Cereal Fruit Cup  
**Lunch**  
 Italian Combo Sandwich with chicken, Turkey Pepperoni & cheese  
 Raisins  
 100% Fruit Juice  
 Whole Grain Corn Chips

**Monday, July 11**  
**Breakfast**  
 Whole Grain Cereal Fruit Cup  
**Lunch**  
 Turkey & Cheese Wedge Sandwich  
 Strawberry Applesauce  
 Mountain Quest Dried Fruit Mix  
 Whole Grain Corn chips

**Tuesday, July 12**  
**Breakfast**  
 Mini Cinnis  
 100% Fruit Juice  
**Lunch**  
 Croissant Sandwich with Turkey Ham & Cheese  
 Cherry Tomatoes  
 Fresh Grapes

**Wednesday, July 13**  
**Breakfast**  
 Cinnamon Roll Applesauce  
**Lunch**  
 Turkey Breast & Cheese Hoagie Sandwich  
*Bolthouse* Carrot Snacker w/ Ranch dippin' sauce  
 Whole Grain Cheeze -Its

**Thursday, July 14**  
**Breakfast**  
 Golden Graham Cereal Bar  
 Raisins  
**Lunch**  
 Italian Combo Sandwich w/Turkey Ham, Turkey Pepperoni, Turkey Salami & cheese  
*Farmington Fresh*— Fresh Grapes & sliced Apples  
 Whole Grain Sun

**Friday, July 15**  
**Breakfast**  
 Whole Grain Cereal Fruit Cup  
**Lunch**  
 Munchable: Turkey & Cheese Kit  
 Goldfish Pretzels  
 100% Fruit Juice  
 Applesauce

**Monday, July 17**  
**Breakfast**  
 Whole Grain Cereal Fruit Cup  
**Lunch**  
 Italian Combo Sandwich w/Turkey Ham, Turkey Pepperoni, Turkey Salami & cheese  
 Whole Grain Harvest Cheddar Sunchips  
 100% Fruit Juice  
 Trail Mix w/sunflower

**Tuesday, July 19**  
**Breakfast**  
 Mini Cinnis  
 100% Fruit Juice  
**Lunch**  
 Croissant Sandwich with Turkey Ham & Cheese  
 Cherry Tomatoes  
 Fresh Grapes

**Wednesday, July 20**  
**Breakfast**  
 Cinnamon Roll Applesauce  
**Lunch**  
 Turkey Breast & Cheese Hoagie Sandwich  
*Bolthouse* Carrot Snacker w/ Ranch dippin' sauce  
 Whole Grain Cheeze -Its

**Thursday, July 21**  
**Breakfast**  
 Golden Graham Cereal Bar  
 Raisins  
**Lunch**  
 Italian Combo Sandwich with chicken, Turkey Pepperoni & cheese  
*Farmington Fresh*— Fresh Grapes & sliced Apples  
 Whole Grain Sun Chips

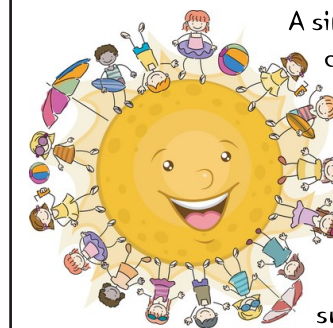
**Friday, July 22**  
**Breakfast**  
 Whole Grain Cereal Fruit Cup  
**Lunch**  
 Munchable: Turkey & Cheese Kit  
 Goldfish Pretzels  
 100% Fruit Juice  
 Applesauce

**The USDA Summer Meals Hotline: 1-866-3-HUNGRY or 1-877-8-HAMBRE.**

Families will receive assistance to find the location, meal times, and contact information for summer meals based on their full address, city, and/or zip code. The summer meals finder is located at <http://www.fns.usda.gov/summerfoodrocks>. This website is easy for families to use as they can access summer meal locations by entering their zip code. This service will begin May 15 and information will be updated throughout the summer.



**FUN IN THE SUN.**



A single bad sunburn as a child or teen more than doubles a person's risk of skin cancer. Have fun in the sun, but if you're going to be out for more than 10 or 15 minutes, use sun screen. Every time!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**





**Monday, July 25**  
**Breakfast**  
 Whole Grain Cereal  
 Fruit Cup  
**Lunch**  
 Turkey & Cheese  
 Wedge Sandwich  
  
 Strawberry  
 Applesauce  
  
 Mountain Quest Dried  
 Fruit Mix  
  
 Whole Grain Corn  
 chips

**Tuesday, July 26**  
**Breakfast**  
 Mini Cinnis  
 100% Fruit Juice  
**Lunch**  
 Croissant Sandwich  
 with Turkey Ham &  
 Cheese  
  
 Cherry Tomatoes  
  
 Fresh Grapes

**Wednesday, July 27**  
**Breakfast**  
 Cinnamon Roll  
 Applesauce  
**Lunch**  
 Turkey Breast &  
 Cheese Hoagie  
 Sandwich  
  
*Bolthouse* Carrot  
 Snacker w/ Ranch  
 dippin' sauce  
  
 Whole Grain Cheeze  
 -Its

**Thursday, July 28**  
**Breakfast**  
 Golden Graham  
 Cereal Bar  
 Raisins  
**Lunch**  
 Italian Combo  
 Sandwich w/Turkey  
 Ham, Turkey  
 Pepperoni, Turkey  
 Salami & cheese  
  
*Farmington Fresh*—  
 Fresh Grapes & sliced  
 Apples  
  
 Whole Grain Sun

**Friday, July 29**  
**Breakfast**  
 Whole Grain Cereal  
 Fruit Cup  
**Lunch**  
 Munchable: Turkey  
 & Cheese Kit  
  
 Goldfish Pretzels  
  
 100% Fruit Juice  
  
 Applesauce

**Monday, Aug 1**  
**Breakfast**  
 Whole Grain Cereal  
 Fruit Cup  
**Lunch**  
 Italian Combo  
 Sandwich w/Turkey  
 Ham, Turkey  
 Pepperoni, Turkey  
 Salami & cheese  
  
 Whole Grain Harvest  
 Cheddar Sunchips  
  
 100% Fruit Juice  
  
 Trail Mix w/sunflower

**Tuesday, Aug 2**  
**Breakfast**  
 Belvita Crisp  
 Tropical Fruit Cup  
**Lunch**  
 Deconstructed Nachos  
 w/ Whole Grain  
 Chips, Cheese Sauce  
 Cup, Tomato Salsa  
 & Wholly Guacamole  
  
 Fresh Apple Slices w/  
 Tajin

**Wednesday, Aug 3**  
**Breakfast**  
 Whole Grain Cocoa  
 Muffin  
 Strawberry  
 Applesauce  
**Lunch**  
 Turkey Breast &  
 Cheese Hoagie  
 Sandwich  
  
*Bolthouse* Carrot  
 Snacker w/ Chile Lime  
 dippin' sauce  
  
 Seasonal Fresh Fruit  
 (Peach or Pear)

**Thursday, Aug 4**  
**Breakfast**  
 Super Bakery Whole  
 Grain Gems  
 100% Fruit Juice  
**Lunch**  
 Sunbutter & Grape  
 Jelly Sandwich  
 String Cheese  
  
 Zucchini Sticks &  
 Ranch dressing  
  
 Pineapple spears

**Friday, Aug 5**  
**Breakfast**  
 Whole Grain Cereal  
 Fruit Cup  
  
**Lunch**  
 Italian Combo  
 Sandwich with  
 chicken, Turkey  
 Pepperoni & cheese  
  
 Raisins  
  
 100% Fruit Juice  
  
 Whole Grain Corn  
 Chips



Traditional School begins  
**Thursday, September 1, 2016.**  
 See you then!

