### VACAVILLE UNIFIED SCHOOL DISTRICT / CHILD NUTRITION DEPARTMENT

#### January 2016

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **GRILLED CHEESE**  
**OR**  
**CORN DOG**  
both w/tots | **CHICKEN PATTIE**  
**ON A BUN**  
**OR**  
**BEAN & CHEESE BURRITO** | **HAMBURGER**  
**ON A BUN**  
**OR**  
**BEEF AND CHEESE NACHOS** | **CHICKEN NUGGETS & CORN MEAL STAR**  
**OR**  
**PASTA W/MEAT SAUCE**  
both with an ICEE | **PIZZA**  
**OR**  
**TURKEY & MASHED POTATOES**  
with a dinner roll |
| **BREAKFAST FOR LUNCH!!!**  
**OR**  
**RIB-A-QUE ON A HOAGIE** | **CHICKEN RICE BOWL**  
**OR**  
**MOZZARELLA STICKS W/DIPPING SAUCE**  
both w/choc chip cookie  
Alamo and Kairos Cenarios | **MINI CHEESEBURGERS**  
**OR**  
**CHICKEN & CHEESE BURRITO**  
**CRIS CROSS POTATOES** | **CHICKEN TENDERS**  
**OR**  
**MAC N CHEESE**  
Markham Cenarios  
Browns Valley Cenarios | **PIZZA**  
**OR**  
**CHEF'S CHOICE** |
| **I HAVE A DREAM.....**  
**no school** | **GRILLED CHEESE**  
**OR**  
**CORN DOG**  
both w/tots  
Callison Cenarios  
Cooper Cenarios | **CHICKEN NUGGETS & CORN MEAL STAR**  
**OR**  
**BEAN & CHEESE BURRITO**  
**PRIZE DAY!** | **HAMBURGER ON A BUN**  
**OR**  
**BEEF AND CHEESE NACHOS**  
Fadan Cenarios  
Fairmont Cenarios | **PIZZA**  
**OR**  
**CHEF'S CHOICE** |
| **BREAKFAST FOR LUNCH!!!**  
**OR**  
**RIB-A-QUE ON A HOAGIE** | **CHICKEN RICE BOWL**  
**OR**  
**MOZZARELLA STICKS W/DIPPING SAUCE**  
both w/choc chip cookie | **MINI CHEESEBURGERS**  
**OR**  
**CHICKEN & CHEESE BURRITO**  
**CRIS CROSS POTATOES** | **CHICKEN TENDERS**  
**OR**  
**MAC N CHEESE**  
Hemlock Cenarios  
Orchard Cenarios | **PIZZA**  
**OR**  
**CHEF'S CHOICE** |

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**The function of education is to teach one to think intently and to think critically.**  
**Intelligence plus character - that is the goal of true education.** - Martin Luther King Jr.

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1% low fat milk or nonfat chocolate milk offered with every meal.  
We offer many different fruit and vegetable choices daily - every student must take at least 1/2 cup equivalent.  
The U.S.D.A. and the CDE are equal opportunity providers and employers.  
Menus may be viewed online @ www.vacavilleusd.org.  
Menu is subject to change.
January Breakfast Menu

<table>
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<tr>
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<tr>
<td>SUNRISE SANDWICH or</td>
<td>BREAKFAST BURRITO or MINI PANCAKES</td>
<td>BREAKFAST PIZZA or ASSORTED BREADS</td>
<td>MINI FRENCH TOAST or Fruit Filled Frudel</td>
<td>BAGEL or BUTTERMILK STICK</td>
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<tr>
<td>PILLSBURY &quot;MINI-CINIS&quot;</td>
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**FUN FACTS: DID YOU KNOW????

- Minerals make healthy skin and strong bones and teeth.
- Fiber helps your body digest food. It is found in vegetables, whole grains and fruit.
- Vitamins help your body stay healthy and fight disease. Vitamins are found in fruit and vegetables.
- Fats in milk products, meat and fish help your body build healthy nerves and fight off disease.
- Protein, which is found in meat, milk products, beans and fish, builds muscles and repairs damage.

1% low fat milk or nonfat chocolate milk offered with meals.
We offer many different fruit and vegetable choices. Every student must take at least 1/2 cup equivalent.

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Menus may be viewed online at www.vacavilleusd.org.

http://easyscienceforkids.com/what-is-healthy-food-for-your-body/