



Pacifica School District Lunch Menu September 2018

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

<p>3</p> <p>HAPPY LABOR DAY!</p>	<p>4</p> <p>Popcorn Chicken Italian Pasta Bake (V) Pork Rib-B-Que on Roll</p>	<p>5</p> <p>Corn Dog Hummus, Chips & String Cheese Plate (V) Turkey & Cheese Sub</p>	<p>6</p> <p>Taco Bar Choice of: Soft or Hard Shells Beef or Chicken Tacos Vegetarian Tacos (V) Taco Salad</p>	<p>7</p> <p>Football Tailgate! Chili Cheese Tator Tots & Chips Cheesy Tator Tots & Chips (V) Cheeseburger Sliders</p> 
<p>10</p> <p>Breakfast for Lunch Protein Pack (V) Hot Ham & Cheese Sandwich</p> <p>Dominos Pizza – Sunset Ridge</p>	<p>11</p> <p>Beef Hot Dog Cheese Quesadilla (V) Tuna Fish Sandwich</p> <p>Dominos Pizza - Vallemar</p>	<p>12</p> <p>Chicken Nuggets Italian Dunkers (V) Crispy Chicken Salad w/ Breadstick</p> <p>Dominos Pizza – Ocean Shore</p>	<p>13</p> <p>Burger Bar & French Fries Choice of: Hamburger, Cheeseburger, Veggie Burger (V)</p> <p>Dominos Pizza – Ortega</p>	<p>14</p> <p>Orange Chicken w/ Brown Rice Pasta Alfredo (V) Asian Chicken Salad w/ Roll</p> <p>Dominos Pizza - Cabrillo</p>
<p>17</p> <p>Chicken Tenders & Brown Rice Bean & Cheese Enchilada (V) Sun Butter & Jelly Sandwich</p>	<p>18</p> <p>Mini Corn Dogs Mac & Cheese w/ Roll (V) American Sub Sandwich</p>	<p>19</p> <p>Turkey Tacos Yogurt Cup w/string Cheese, Goldfish & Graham Crackers (V) Pulled Pork Sandwiches</p>	<p>20</p> <p>Baked Potato Bar Bean & Cheese Burrito (V) Crispy Chicken Sandwich</p>	<p>21</p> <p>Fish Sticks & French Fries Grilled Cheese Sandwich (V) Chicken Caesar Salad w/ Breadstick</p>
<p>24</p> <p>Teriyaki Beef Dippers w/Brown Rice Yogurt Parfait (V) Pork Rib-B-Que on Roll</p> <p>Dominos Pizza – Sunset Ridge</p>	<p>25</p> <p>Popcorn Chicken Italian Pasta Bake (V) Poppin’ Chicken Salad w/ Roll</p> <p>Dominos Pizza - Vallemar</p>	<p>26</p> <p>Corn Dog with Tater Tots Hummus, Chips & String Cheese Plate (V) Turkey & Cheese Sub</p> <p>Dominos Pizza – Ocean Shore</p>	<p>27</p> <p>Taco Bar Choice of: Soft or Hard Shells Beef or Chicken Tacos Vegetarian Tacos (V) Taco Salad</p> <p>Dominos Pizza – Ortega</p>	<p>28</p> <p>Pizza Galore Day! Choice of: Cheese (V), Pepperoni, Hawaiian, Sausage, Combo</p> <p>Dominos Pizza - Cabrillo</p>

*Lunch Price: \$3.25/\$0.40 Reduced.
Free & Reduced Meal Applications are available at all schools and the District Office.
Visit www.ezschoolday.com to prepay for your student meals.*

*Each lunch selection includes a Milk and unlimited choices from our Fruit and Vegetable Variety Cart.
Please see our separate menu for the Variety Cart.*

*This institution is an equal opportunity employer.
Menu subject to change.
Questions? Call Lori Miller @ 650-738-6647.*