

February 2021 Academia Cesar Chavez SFSP K-8 In-School Meals & Weekend Bundle Meals

	Monday In-School	Tuesday In-School	Wednesday In-School	Thursday In-School	Friday In-School	Saturday Bundle	Sunday Bundle
Lunch							
Breakfast							
Week I							
Lunch	In-School 8 Golden Chicken Patty Sandwich WG Bun & Ketchup Baked Cheetos Celery Sticks & Ranch Fruit of the Day & Milk (OVS)	In-School 9 Quesadilla Sour Cream PC Cheesy Refried Beans Fruit of the Day Milk (OVS)	In-School 10 All Beef Hot Dog WG Bun & Ketchup Steamed Sweet Corn Fruit of the Day Mixed Berry Crackers & Milk (OVS)	In-School 11 Brunch Lunch French Toast Sticks & Syrup 100% V Juice Fruit of the Day Milk (OVS)	In-School 12 Chicken Wings Steamed Rice Garden Salad & Dressing Fruit of the Day Milk (OVS)	Bundle 13 Chicken Patty Sandwich Chips Vegetable/s & Fruit/s Milk (OVS)	Bundle 14 French Toast Sticks Vegetable/s & Fruit/s Milk (OVS)
Breakfast	Warm Strawberry Boll (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	WG Pancakes (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Warm Fruit Frudel (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Maple Waffle Chicken Sandwich (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	French Toast Sticks (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Corn Muffin (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	WG Apple Donut (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)
Week II							
Lunch	In-School 15 Cheeseburger Sun Chips Steamed Corn Fruit of the Day Milk (OVS)	In-School 16 Cheddar Chicken Patty Sandwich WG Bun, Chicken Patty Shred Cheese, Ketchup Baby Carrots, Lemon Blueberry Bites Fruit of the Day & Milk (OVS)	In-School 17 Cheese Bun Melt Goldfish Pretzels Crisp Salad & Dressing Fruit of the Day Milk (OVS)	In-School 18 Chicken Fried Rice Steamed Mixed Vegetable Fruit of the Day Milk (OVS)	In-School 19 Big Daddy's Cheese Pizza Goldfish Pretzels Steamed Green Beans Fruit of the Day Milk (OVS)	Bundle 20 Chicken Patty Sandwich Lemon Blueberry Bites Vegetable/s & Fruit/s Milk (OVS)	Bundle 21 Calzone Vegetable/s & Fruit/s Milk (OVS)
Breakfast	Cheesy Pullapart Bread (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Warm Fruit Frudel (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Breakfast Pizza (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	WG Pancakes (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Waffle & Frozen Fruit (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Assorted Muffin (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Pop Tart (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)
Week III							
Lunch	In-School 22 All Beef Hot Dog WG Bun & Ketchup Cheetos Steamed Sweet Corn Fruit of the Day & Milk (OVS)	In-School 23 Italian Calzone Steamed Green Beans Keebler Animal Crackers Fruit of the Day Milk (OVS)	In-School 24 Old Fashioned Hamburger WG Bun & Ketchup Cheezits Baby Carrots & Dip Fruit of the Day & Milk (OVS)	In-School 25 Mandarin Orange Chicken Steamed Rice Garden Salad & Dressing Fruit of the Day Milk (OVS)	In-School 26 Chicken Corndog Cool Ranch Doritos Chilled 100% Veggie Juice Fruit of the Day Milk (OVS)	Bundle 27 Hamburger Chips Vegetable/s & Fruit/s Milk (OVS)	Bundle 28 Chicken Nuggets Chips Vegetable/s & Fruit/s Milk (OVS)
Breakfast	French Toast Sticks (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	WG Pancakes (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Cheesy Pullapart Bread (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Maple Waffle Chicken Sandwich (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Breakfast Pizza (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	Mini Waffle Bag (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)	BC Cinnamon Roll (1 Item) 100% 4oz Juice & Second Item * (1 Item each) Milk (OVS)
Week IV							

Instructions for packing the bundled Meals

* Second Item in breakfast bundle could be anyone of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar or Cereal Bowl (all options are 1 Item each)

****Please Pack Red Print Items for BREAKFAST / LUNCH / SNACK / DINNER in one bag for Refrigeration. Attach Refrigeration Label to Bag.

****Please Pack All Black Ink Items in one bag (These are all Shelf Stable)

5 Shades of Nutrition

Green
Green foods are rich in phytochemicals (lutein & indoles) and offer plenty of fiber. Leafy green vegetables are loaded with antioxidants and
Romaine Lettuce
Kale
Spinach
Broccoli
Mint

Red
Red is a color associated with heart. Lycopene, a phytochemical that gives the red color to food, helps to prevent heart ailments and boosts the
Beets
Tomatoes
Red Pepper
Watermelon
Cranberries
Cinnamon

Yellow/Orange
Yellow/Orange foods pack beta-carotene, Vitamin A and Vitamin C. Collectively, these nutrients promote health, vision, cell growth
Carrots
Lemons
Pineapple
Peaches
Ginger
Turmeric

White/Brown
These foods pack colorless phytonutrients. Onions and Garlic have great anti-inflammatory properties. Mushrooms boost immunity with
Cauliflower
Onion/Shallots/Garlic
Dates
Mushroom
Coconut
Fennel

Blue/Violet
These darker color foods contain anthocyanin, a flavonoid that fights cell damage. They also come with vitamin E & C, thus promoting bone health
Blueberries
Plums/Prunes
Egg Plant
Purple Cabbage
Purple Grapes
Black Olives