

January 2018

Somis Union School

BREAKFAST

Menu subject to substitution. Breakfast is served daily and is free to all students. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Please be sure to keep your student's accounts current at all times. Thank you! Welcome back! Hope your holidays were happy and Happy New Year!



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



This establishment is an equal opportunity employer.

Monday

Tuesday

Wednesday

Thursday

Friday



Winter Break



Bagel and Cream Cheese
Fruit
Juice
Milk

Cereal
Cheese Stix
Fruit
Milk

Muffin
Yogurt
Fruit
Milk

Pancakes
Fruit
Ham
Milk

Cereal
Cheese Stix
Fruit
Milk

Martin Luther King Jr.
Holiday

Cereal
Cheese Stix
Fruit
Milk

Muffin
Yogurt
Fruit
Milk

Waffle Stix
Ham
Fruit
Milk

Cereal
Cheese Stix
Fruit
Milk

Warm Pretzels
Fruit
Juice
Milk

Cereal
Cheese Stix
Fruit
Milk

Muffin
Yogurt
Fruit
Milk

Cinnamon Rolls
Ham
Fruit
Milk

Cereal
Cheese Stix
Fruit
Milk

Sausage Dogs
Fruit
Juice
Milk

Cereal
Cheese Stix
Fruit
Milk

Muffin
Yogurt
Fruit
Milk

