

All meals are free to all our Somis students this year. Meals are served with choice of 1% regular or nonfat TruMoo chocolate milk. Water and milk are sold during school as well. Menu is subject to substitution. Please contact us if you Have any questions or concerns. Thank you ☺



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

Mac-n-Cheese
Veggies
Fruit
Graham Crackers
Milk

1

Tuesday

Pulled Pork Sandwich
Fruit
Veggies
Milk

2

Wednesday

Taco Bowls
Rice and Beans
Fruit
Veggies
Milk

3

Thursday

Chicken Nuggets
Baked Fries
Fruit
Carrot Stix
Milk

4

Friday

Pizza Day!
Salad w/dressing
Fruit
Dessert
Milk

5

Orange Chicken
Rice Bowls
Fruit
Veggies
Milk
Fortune Cookies

8

Chicken and Gravy
Mashed Potatoes
Country Biscuit
Fruit
Veggies
Milk

9

Hotdogs
Homemade Chili
Fruit
Milk

10

Chicken Stir Fry
Rice and Veggies
Fruit
Milk
Fortune Cookies

11

Pizza Day!
Salad w/dressing
Fruit
Dessert
Milk

12

BBQ Beef Sandwich
Fruit
Veggies
Milk

15

Corndogs
Baked Fries
Fruit
Milk

16

Baked Ziti
Garlic Bread
Fruit
Veggies
Milk

17

Cheeseburgers
Fruit
Beans
Milk

18

Pizza Day!
Salad w/dressing
Fruit
Dessert
Milk

19

BBQ Chicken Sandwich
Fruit
Veggies
Milk

22

Bean and Cheese Burrito
Spanish Rice
Fruit
Milk

23

Grilled Cheese Sandwich
Homemade Soup
Fruit
Veggies
Milk

24

Chicken Pot Pie
With Biscuit
Fruit
Mashed Potatoes
Milk

25

Pizza Day!
Salad w/dressing
Fruit
Dessert
Milk

26

Orange Chicken
Rice Bowls
Fruit
Veggies
Milk
Fortune Cookies

29

Chicken Quesadillas
Beans
Fruit
Milk
Peach Cobbler

30

Spaghetti w/meat sauce
Garlic Bread
Fruit
Veggies
Milk

31

