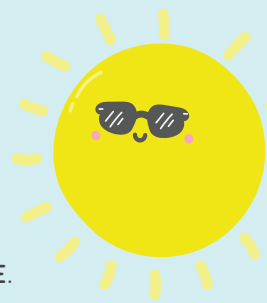


AUG 2021

K-8 ELEMENTARY MENU

SCHOOL MEALS ARE AVAILABLE TO ALL STUDENTS AT NO CHARGE.

Menu Subject to Change Chef's Choice may be offered at various sites.



TwinRivers
UNIFIED SCHOOL DISTRICT



@TRUSDNutritionServices



www.twinriversusd.org/nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		GCC - First Day		
		Cereal & Muffin 11 Diced Pears Seasonal Fruit Turkey Corn Dog on a Stick Fresh Broccoli Sweet Potato Fries Frozen Fruit Cup	Turkey Sausage 12 Breakfast Pizza Fruit Juice Box Seasonal Fruit Shredded Chicken Roll Up Refried Beans Fresh Garden Salad Mixed Fruit	Cereal & Muffin 13 Fresh Apple Slices Seasonal Fruit Beef Hamburger Baked French Fries Shredded Lettuce Fresh Orange Slices
GCC In Session		Twin Rivers - First Day		
Cereal & Muffin 16 Applesauce Cup Seasonal Fruit Beef Pepperoni Pizza Green Beans Sweet Potato Fries Craisins	Breakfast Bread & Canadian Turkey Ham 17 Fresh Orange Slices Seasonal Fruit Cheese Quesadilla Pinto Beans Fresh Garden Salad Diced Peaches	Cereal & Yogurt 18 Fruit Juice Box Seasonal Fruit BBQ Beef Rib Sandwich Potato Smiles Fresh Broccoli Florets Banana	Turkey Sausage 19 Breakfast Pizza Diced Pears Seasonal Fruit Turkey & Cheese Sandwich Shredded Lettuce Baby Carrots Fresh Orange Slices Cheeto Puffs	Cereal & Muffin 20 Diced Peaches Seasonal Fruit Macaroni & Cheese Fresh Garden Salad Vegetable Juice Box Applesauce Cup
Cereal & Muffin 23 Fruit Juice Box Seasonal Fruit Chicken Strips Tator Tots Baked Beans Applesauce Cup	Pancake Chicken-Sausage Bites 24 Applesauce Cup Seasonal Fruit Chicken & Cheese Burrito Fresh Garden Salad Vegetable Juice Box Banana	Cereal & Yogurt 25 Diced Peaches Seasonal Fruit Chicken Sandwich Baked Potato Wedges Baby Carrots Fresh Orange Slices	Fresh Baked Scone 26 Fresh Orange Slices Seasonal Fruit Teriyaki Beef Bites w/Rice Fresh Broccoli Baby Carrots Craisins	Cereal & Muffin 27 Mixed Fruit Seasonal Fruit Turkey Pizza Pocket Fresh Garden Salad Vegetable Juice Box Fresh Apple Slices
Cereal & Muffin 30 Pineapple Fruit Cup Seasonal Fruit Fish Sticks Corn Baby Carrots Fruit Juice Box	Mini Pancakes 31 Fresh Apple Slices Seasonal Fruit Beef Pepperoni Pizza Fresh Garden Salad Fresh Broccoli Florets Banana	*All Meals include Fruit & Vegetables and choice of nonfat or 1% milk.		

Vegetarian choices available with each meal
Ask your Cafeteria server if you prefer the meatless option!

Start your day with Breakfast at School

- Breakfast Favorites made w/whole grains - Cereal, Fresh Baked Breakfast Bread, Scones, Mini Pancakes, and Breakfast Pizza
- Fresh Fruit Choices
- Low Fat Milk

School Lunch is Balanced & Nutritious

- Foods from all Food Groups
- Vegetarian & Meatless Options
- Whole Grains
- Fresh Local Fruit & Vegetables
- Low Fat Milk

Breakfast & Lunch are FREE for all children 18 years and Under

Let Nutrition Services Fuel Your Ride!

WHEN STUDENTS EAT SCHOOL BREAKFAST THEY:



Have better attention & memory



Are better behaved



Score better on tests



Are on time to class

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER



Twin Rivers Unified School District Nutrition Services

ALOHA!

Welcome back to school and the 2021-2022 School Year! At Twin Rivers Nutrition Services we know that good nutrition and learning go hand-in-hand. We support learning by promoting healthy habits for lifelong healthy eating. We serve appealing, great-tasting, balanced meals that meet our students health and nutrition needs and support their achievements in school. Nutrition Services is committed to serving our students, classrooms, and community and looking forward to greeting your children the first day of school! School meals are always:

- ✓ Served Safely – following all CDC and CDPH guidelines we serve safe food
- ✓ Free to all Students
- ✓ Convenient for families
- ✓ Offer more fresh fruit and vegetables
- ✓ Provide the right balance of protein, dairy, whole grains, fruits and vegetables



NUTRITION ISLAND

Smart Eating & Active Living Tips for a Healthy School Year

Choose School Meals – *Healthy food will help you do your best in school, in sports and to grow and stay strong. Power up with fruits, low fat dairy and whole grains.*

Give it a Try! – *Fruits and veggies give you what your body needs to help you be a champion when you run and play. Eat them at school and at home every day with your meals, as a snack or dessert.*

Make fat-free or low-fat milk your rocket fuel – *you need milk to help build muscles, strengthen bones and teeth and provide Vitamin D for a healthy immune system.*



Contact Us:



@TRUSDNutritionServices



www.twinriversusd.org/nutrition



CATCH THE WAVE

Stay up to date on nutrition services latest program information. Check out our menus, food allergy and menu substitution information and see what's cooking in your school cafeteria! Find us on our website and Facebook and **check out our app!**



SURF SHACK

Start your day with breakfast! Your school cafeteria serves delicious and healthy breakfast items – stop in and enjoy warm mini pancakes, fresh baked scones, blueberry breakfast bread and breakfast pizza.

Something for Every Appetite - Your favorite breakfast cereals are available daily. Breakfast includes two fruit selections and nonfat or low-fat milk



SURF'S UP! JOIN OUR TEAM

Work with us during the school day! Our team of nutrition assistants enjoy a friendly team environment, earn competitive wages, are off during the summer with breaks in winter and spring and enjoy many opportunities for advancement. Join our team and start your career in child nutrition today!



EDJOIN.ORG

Looking for part time work?
Twin Rivers Cafe Substitute Worker



THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

