

# NOV 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.  
\*All Meals include Fruit & Vegetables and choice of nonfat or 1% milk.



**TwinRivers**  
UNIFIED SCHOOL DISTRICT

@TRUSDNutritionServices

[www.twinriversusd.org/nutrition](http://www.twinriversusd.org/nutrition)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cereal & Muffin Mini Waffles  Bean & Cheese Chimi Nada Turkey Corn Dog	2 Cereal & Yogurt Turkey Sausage Breakfast Pizza  Grilled Cheese Turkey Soft Taco	3 Cereal & Muffin Breakfast Bun  Bean & Cheese Burrito Mandarin Chicken w/Rice	4 Cereal & Yogurt Turkey Sausage & Cheese Scramble  Cheese Quesadilla Turkey Gravy w/ Mashed Potatoes Warm Buttermilk Biscuit	5 Cereal & Muffin Toaster Pastry & Chicken- Sausage Patty  Macaroni & Cheese Beef Hamburger
8 Cereal & Muffin Mini Pancakes  Cheese Pizza Beef Pepperoni Pizza	9 Cereal & Yogurt Breakfast Bread & TurkeyHam  Grilled Cheese Turkey Taco Meat w/Tortilla Chips	10 Cereal & Muffin French Toast Sticks  Cheese Quesadilla BBQ Beef Rib Sandwich	<b>VETERANS DAY</b> November 11 <sup>th</sup> * * *	
15 Cereal & Muffin Mini Waffles  Macaroni & Cheese Chicken Strips	16 Cereal & Yogurt Turkey Sausage & Cheese Scramble  French Bread Cheese Pizza Chicken & Cheese Burrito	17 Cereal & Muffin Muffin & TurkeyHam  Cheese Calzone Turkey Pizza Pocket	<b>Thanksgiving Break</b>  <b>11/18 - 11/26</b>	
			<b>Holiday Meal Service</b> <b>11:30-12:30</b>	

# Thanksgiving Break

### Holiday Meal Service Sites

*Available while supplies last*

- Rio Linda High
- Castori
- Regency Park
- Las Palmas East
- Smythe Elementary
- Morey Ave. Head Start
- Foothill Ranch
- CCAA 7-12
- Oakdale
- F.C. Joyce
- Pioneer
- Northwood
- Village

29 Cereal & Muffin French Toast Sticks  French Bread Cheese Pizza Fish Sticks	30 Cereal & Yogurt Breakfast Bread / Chicken- Sausage Patty  Cheese Quesadilla Nachos w/ Turkey Taco Meat
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### WHAT A DEAL

School lunch includes food from all 5 food groups.  
Encourage your student to fill their tray with fruits  
& vegetables and enjoy milk with every meal!



WHEN STUDENTS EAT SCHOOL BREAKFAST THEY:



Have better attention  
& memory



Are better behaved



Score better on tests



Are on time to class

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## 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](http://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



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