

OCT 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Wild about school LUNCH October 11-15, 2021</p>			<p>Breakfast & Lunch are FREE for all children 18 years and Under</p>	<p>1 Cereal & Muffin Beef Maple Sandwich</p> <p>TurkeyHam & Cheese Sandwich Yogurt Muffin Meal</p>
<p>4 Cereal & Muffin Mini Waffles</p> <p>Bean & Cheese Chimi Nada Turkey Corn Dog</p>	<p>5 Cereal & Yogurt Turkey Sausage Breakfast Pizza</p> <p>Grilled Cheese Turkey Soft Taco</p>	<p>6 Cereal & Muffin Breakfast Bun</p> <p>Bean & Cheese Burrito Mandarin Chicken w/Rice</p>	<p>7 Cereal & Yogurt Turkey Sausage & Cheese Scramble</p> <p>Macaroni & Cheese Baked Chicken Warm Buttermilk Biscuit</p>	<p>8 Cereal & Muffin Toaster Pastry & Chicken- Sausage Patty</p> <p>Cheese Quesadilla Beef Hamburger</p>
<p>GCC is not in session 11</p> <p>Cereal & Muffin Mini Pancakes</p> <p>Bean & Cheese Chimi Nada Turkey Corn Dog</p>	<p>12 Cereal & Yogurt Breakfast Bread & TurkeyHam</p> <p>Grilled Cheese Turkey Taco Meat w/Tortilla Chips</p>	<p>13 Cereal & Muffin French Toast Sticks</p> <p>Cheese Quesadilla BBQ Beef Rib Sandwich</p>	<p>14 Cereal & Yogurt Turkey Sausage Breakfast Pizza</p> <p>Sunbutter Sandwich Turkey & Cheese Sandwich Cheeto Puffs</p>	<p>15 Cereal & Muffin Pancake Chicken Sausage Bites</p> <p>Glazed French Toast or Pancakes Chicken Sausage Patty</p>
<p>18 Cereal & Muffin Mini Waffles</p> <p>Macaroni & Cheese Chicken Strips</p>	<p>19 Cereal & Yogurt Turkey Sausage & Cheese Scramble</p> <p>French Bread Cheese Pizza Chicken & Cheese Burrito</p>	<p>20 Cereal & Muffin Turkey Sausage Breakfast Pizza</p> <p>Bean & Cheese Burrito Chicken Sandwich</p>	<p>21 Cereal & Yogurt Fresh Baked Scone</p> <p>Yogurt Muffin Meal Teriyaki Beef Bites with Rice</p>	<p>22 Cereal & Muffin Muffin & TurkeyHam</p> <p>Cheese Calzone Turkey Pizza Pocket</p>
<p>25 Cereal & Muffin French Toast Sticks</p> <p>French Bread Cheese Pizza Fish Sticks</p>	<p>26 Cereal & Yogurt Breakfast Bread / Chicken- Sausage Patty</p> <p>Cheese Quesadilla Nachos with Turkey Taco Meat</p>	<p>27 Cereal & Muffin Mini Pancakes</p> <p>Bean & Cheese Chimi Nada Turkey Hotdog</p>	<p>28 Cereal & Yogurt Fresh Baked Scone</p> <p>Cheese Filled Bread Sticks with Sauce Beef Spaghetti with Garlic Toast</p>	<p>29 Cereal & Muffin Beef Maple Sandwich</p> <p>TurkeyHam & Cheese Sandwich Yogurt Muffin Meal</p> <p>School Celebration Day</p>

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



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