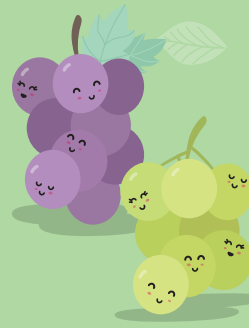


SEPT 2021

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
		1 Cereal & Yogurt Applesauce Cup Seasonal Fruit Turkey Hot Dog Sweet Potato Fries Baked Beans Fresh Orange Slices	2 Chicken Patty on a Biscuit Diced Peaches Seasonal Fruit Beef Spaghetti w/Garlic Toast Fresh Garden Salad Baby Carrots Applesauce Cup	3 Cereal & Muffin Fresh Orange Slices Seasonal Fruit TurkeyHam & Cheese Sandwich Shredded Lettuce Baby Carrots Diced Pears
		8 Cereal & Yogurt Applesauce Cup Seasonal Fruit Mandarin Chicken w/Rice Fresh Broccoli Florets Baby Carrots Banana	9 Breakfast Bun Fresh Orange Slices Seasonal Fruit Crispy Baked Chicken Warm Buttermilk Biscuit Mashed Potatoes Baby Carrots Applesauce Cup	10 Cereal & Muffin Fresh Apple Slices Seasonal Fruit Beef Hamburger Baked French Fries Shredded Lettuce Fresh Orange Slices
13 Cereal & Muffin Applesauce Cup Seasonal Fruit Beef Pepperoni Pizza Green Beans Sweet Potato Fries Craisins	14 Breakfast Bread & Canadian TurkeyHam Fresh Orange Slices Seasonal Fruit Cheese Quesadilla Pinto Beans Fresh Garden Salad Diced Peaches	15 Cereal & Yogurt Fruit Juice Box Seasonal Fruit BBQ Beef Rib Sandwich Potato Smiles Fresh Broccoli Florets Banana	16 Turkey Sausage Breakfast Pizza Diced Peaches Seasonal Fruit Turkey & Cheese Sandwich Shredded Lettuce Baby Carrots Fresh Orange Slices Cheeto Puffs	17 Cereal & Muffin Diced Peaches Seasonal Fruit Macaroni & Cheese Fresh Garden Salad Vegetable Juice Box Applesauce Cup
20 Cereal & Muffin Fruit Juice Box Seasonal Fruit Chicken Strips Tator Tots Baked Beans Applesauce Cup	21 Pancake Chicken- Sausage Bites Applesauce Cup Seasonal Fruit Chicken & Cheese Burrito Fresh Garden Salad Vegetable Juice Box Banana	22 Cereal & Yogurt Diced Peaches Seasonal Fruit Chicken Sandwich Baked Potato Wedges Baby Carrots Fresh Orange Slices	23 Fresh Baked Scone Fresh Orange Slices Seasonal Fruit Teriyaki Beef Bites w/Rice Fresh Broccoli Florets Baby Carrots Craisins	24 Cereal & Muffin Mixed Fruit Seasonal Fruit Turkey Pizza Pocket Fresh Garden Salad Vegetable Juice Box Fresh Apple Slices
27 Cereal & Muffin Pineapple Fruit Cup Seasonal Fruit Fish Sticks Corn Baby Carrots Fruit Juice Box	28 Mini Pancakes Fresh Apple Slices Seasonal Fruit Beef Pepperoni Pizza Fresh Garden Salad Fresh Broccoli Florets Banana	29 Cereal & Yogurt Applesauce Cup Seasonal Fruit Turkey Hot Dog Sweet Potato Fries Baked Beans Fresh Orange Slices	30 Chicken Patty on a Biscuit Diced Peaches Seasonal Fruit Beef Spaghetti w/Garlic Toast Fresh Garden Salad Baby Carrots Applesauce Cup	Vegetarian choices available with each meal, ask your Cafeteria Server if you prefer the meatless option! Breakfast & Lunch are FREE for all children 18 years and Under

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

