

Lunch is free for all Pasadena USD students
\$4.75 for Adults and 2nd meals

PUSD Elementary Lunch ***August - December 2022***

PUSD Menus are nut free.

*Non-Meat Item

Menu subject to change without notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 Aug 11 – 12 Aug 29 – Sep 2 Sep 19 – 22 Oct 10 – 14 Oct 31 – Nov 4 Nov 28 – Dec 2 Dec 19 - 22	Chicken Tenders Or *Plant Based Nuggets Cheez-it Crackers Broccoli Applesauce Cup	Spaghetti with Meat Sauce & Dinner Roll Or *Italian Cheesy Bread w/ Marinara Baby Carrots Peach Cup	Teriyaki Chicken over Brown Rice Or *Soy Butter & Jam Sandwich Sugar Snap Peas Strawberry Cup	Chicken Tamale Or *Vegan Tamale Celery Sticks Mixed Berry Cup	Pepperoni Pizza Slice Or *Cheese Pizza Slice Potato Wedges Banana
Week 2 Aug 15 – 19 Sep 6 – 9 Sep 26 – 30 Oct 17 – 21 Nov 7 – 10 Dec 5 – 9	Chicken Nuggets Or *Plant Based Nuggets Hartzels Pretzels Broccoli Applesauce Cup	Italian Submarine Sandwich Or *Mac & Cheese & Dinner Roll Baby Carrots Peach Cup	Orange Chicken over Brown Rice Or *Southwest Cheesy Bread w/ Salsa Sugar Snap Peas Strawberry Cup	Chicken Taquitos (2) Or *Cheese Pupusa Celery Sticks Mixed Berry Cup	Cheeseburger Or *Garden Burger Potato Wedges Banana
Week 3 Aug 22 – 26 Sep 12 – 16 Oct 3 – 7 Oct 24 – 28 Nov 14 – 18 Dec 12 - 16	Chicken Sandwich Or *Plant Based Chickenless Sandwich Broccoli Applesauce Cup	Hot Dog Or *Grilled Cheese Sandwich Baby Carrots Peach Cup	Chicken Drumstick w/ Artisan Dinner Roll Or *Yogurt Grab Bag Sugar Snap Peas Strawberry Cup	Beef Tacos (2) Or *Bean & Cheese Quesadilla Celery Sticks Mixed Berry Cup	Sicilian Pepperoni Pizza Or *Sicilian Cheese Pizza Potato Wedges Banana

100% fruit juice offered daily.

Whole grain cereal is offered daily during breakfast.

Each student must select a fruit as part of a complete breakfast.

Fat free and 1% white milk is offered daily to complete a nutritious breakfast meal.

Visit www.pusd.us for:

Monthly menus, nutrition, allergen, and carbohydrate information.

For additional information or inquiries, please contact PUSD Food and Nutrition Services

740 W. Woodbury Rd, Pasadena, CA 91103 (626) 396-5852

This institution is an equal opportunity provider.