

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

# ***PUSD Child Care Lunch***

## ***August - December 2022***

PUSD Menus are nut free.

\*Non-Meat Item

Menu subject to change without notice

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