



Eagle Snapshot

Nutrition Services

This is a reminder that meals are free for **ANY** child under the age of 18. The meals include a breakfast, lunch, snack and “supper”. We are a designated meal pick-up site for LUSD, and the pick-up times are from 10:30-1:00 PM.

There will be **no meal service on January 18**, in observance of the Martin Luther King, Jr. holiday. A 5-day meal bundle will be served on January 15. For additional information please visit the LUSD Nutrition Services website:

<http://www.schoolnutritionandfitness.com/index.php?sid=2904102048414688>

For the K-8 meal menu please see the 2nd page of this newsletter or click on the following link for this menu or other grade level menus. **The daily menu food items are subject to change.**

<http://www.schoolnutritionandfitness.com/index.php?sid=2904102048414688&page=menus>

Well done El Capitan! You are the house winners for the past week!



Dates To Remember

CP/Min. Days	1/13, 2/10, 3/3
Holidays	1/18, 2/5, 2/15
Spring Break	3/15-3/26

House Winners

The house winners for each week meet with Mr. Collins and Mrs. Halsey on Friday's at 12:00 (through Zoom). This past week we began a new reward for those students who show up to the Friday meetings. On each Friday meeting, we will enter each students name in a drawing and they will be eligible to win some prizes for each Friday. We hope to see as many students as possible each Friday and everyone needs to keep doing their best to earn house points! This week we will see El Capitan!



NUTRITION SERVICES LODI UNIFIED SCHOOL DISTRICT

K-8 January 2021 Menu

* Vegetarian
** Vegetarian Option Available
Contains Pork

This menu will run
January 4—31

Week 1
1/11—1/17

More than half
of our Grains
are 100%
Whole Grain
Rich

1% White Milk
and Non Fat
Lactaid Available
Daily.

Week 2
1/18—1/24

Menu Items
Subject to
Substitution by
Items of Equal
Nutritional
Value

Week 3
1/4—1/10
1/25—1/31

This
Institution is
an Equal
Opportunity
Provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1				
Breakfast: Assorted Breakfast Bars w/Graham Cracker*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Chef's Choice Homemade Drop Biscuit*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Homemade Double Chocolate Cafe Muffin*, Fruit, Milk
Lunch: Mexi-Pocket*, Fruit, Vegetables, Milk	Lunch: Jalapeno Cheese w/Chips Protein Meal*, Fruit, Vegetables, Milk	Lunch: Pancakes w/ Sausage**, Fruit, Vegetables, Milk	Lunch: Turkey Sandwich**, Fruit, Vegetables, Milk	Lunch: Pulled Pork Sandwich**, Fruit, Vegetables, Milk
After School Program Meal: Sunflower Seed Protein Meal*, Fruit, Vegetable, Milk	After School Program Meal: Tuna Protein Meal**, Fruit, Vegetables, Milk	After School Program Meal: Yogurt Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Sandwich Protein Meal*, Fruit, Vegetables, Milk
Snack: Fresh Apple, Low Fat Milk	Snack: Chef's Choice Muffin, Low Fat Milk	Snack: Goldfish Crackers, Low Fat Milk	Snack: Fresh Apple, Low Fat Milk	Snack: Cheez-it Crackers, Low Fat Milk
WEEK 2				
Breakfast: Assorted Breakfast Bars w/Graham Cracker*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Scratch Apple Oat Muffin*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Homemade White Chocolate Chip Cranberry Scone*, Fruit, Milk
Lunch: Cheese Pizza*, Fruit, Vegetables, Milk	Lunch: Jalapeno Cheese w/Chips*, Protein Meal*, Fruit, Vegetables, Milk	Lunch: Crispy Chicken Tenders**, Fruit, Vegetables, Milk	Lunch: Deli Ham & Cheese Sandwich**, Fruit, Vegetables, Milk	Lunch: All Beef Hot Dog**, Fruit, Vegetables, Milk
After School Program Meal: Sunflower Seed Protein Meal*, Fruit, Vegetable, Milk	After School Program Meal: Tuna Protein Meal**, Fruit, Vegetables, Milk	After School Program Meal: Yogurt Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Sandwich Protein Meal*, Fruit, Vegetables, Milk
Snack: Chocolate Muffin, Low Fat Milk	Snack: Fresh Apple, Low Fat Milk	Snack: Chef's Choice Biscuit, Low Fat Milk	Snack: Graham Cracker, Low Fat Milk	Snack: Fresh Apple, Low Fat Milk
WEEK 3				
Breakfast: Assorted Breakfast Bars w/ Graham Cracker*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Chef's Choice Homemade Cafe Muffin*, Fruit, Milk	Breakfast: Assorted Cold Cereal w/Graham Cracker*, Fruit, Milk	Breakfast: Scratch-made Blueberry Oat Muffin*, Fruit, Milk
Lunch: Cheese Pizza*, Fruit, Vegetables, Milk	Lunch: Jalapeno Cheese w/Chips Protein Meal*, Fruit, Vegetables, Milk	Lunch: Chicken Patty Sandwich**, Fruit, Vegetables, Milk	Lunch: Deli Ham & Cheese Sandwich**, Fruit, Vegetables, Milk	Lunch: Chef's Choice Asian Chicken**, Fruit, Vegetables, Milk
After School Program Meal: Sunflower Seed Protein Meal*, Fruit, Vegetable, Milk	After School Program Meal: Tuna Protein Meal**, Fruit, Vegetables, Milk	After School Program Meal: Yogurt Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Cup Protein Meal*, Fruit, Vegetables, Milk	After School Program Meal: WOWbutter Sandwich Protein Meal*, Fruit, Vegetables, Milk
Snack: Cheez-it Crackers, Low Fat Milk	Snack: Fresh Apple, Low Fat Milk	Snack: Goldfish Crackers, Low Fat Milk	Snack: Apple Oat Muffin, Low Fat Milk	Snack: Fresh Apple, Low Fat Milk

Breakfast Consists of: 1 Grain, Meat/Meat Alternative or Additional Grain, Fruit, Milk

Lunch and After School Meals Consist of: Meat/Meat Alternative, Grain, Fruit, Vegetable, Milk

Snack Consists of 2 of the Following: Meat/Meat Alternative, Grain, Fruit, Vegetable, Milk

Weekend Meals

Breakfast: Cereal, pastry or yogurt, plus fruit, milk

Lunch: Chicken corn dog minis** or ham & cheese sub.
sandwich**, plus fruit, vegetables, milk

After School Meal: Chicken tacos**, fruit, veggies, milk

Snack: Apple, milk