

NUTRITION MENU

Food allergic reaction please call 911

Food Safety Manager (415) 586-8020



**RD recommends to provide nutrition education on vitamin D due to current menu cycle does not meet > 1/3 RDI on Vit. D.
 Written Vitamin D material will be distributed to meal site clients.**



***Rich in Vitamin A, +Rich in Vitamin C / All meals come with 8 oz. carton of 1% milk.**

	MON	TUE	WED	THU	FRI	SAT
	Chef's Special	Latin Inspired	Soul Food	Asian Inspired	Seafood	Lunch Served 12: 30p-1:30p
		1	2	3	4	5
MEAT		Enchilada Pie (Chicken)	Beef Stew	Chicken Fried Rice	Baked Fish	Turkey Ham
VEG		Refried Beans	Asparagus*	Stirfry Veg (Broccoli)	Yam +*	Lettuce/Tomatoe
VEG		Coleslaw	Boiled Potatoes	Green Salad w/ tomato	Green Beans	Potatoe Salad
FRUIT		Fruit Cup (Can Peaches)	Fresh Fruit (Mandarins+)	Fruit Cup (Fruit Cocktail)	Fresh Fruit (Apple)	Fruit Cup-Pineapple
BREAD		Tortilla	Cornbread	Brown Rice	Wheat Roll	Wheat Roll
Brown Bag	11AM-1PM (94132, 94127, 94112)		FRESH FRUIT	ALL OTHERS AFTER 1PM (NO GUARANTEE OF SUPPLIES)		
	7	8	9	10	11	12
MEAT	Grilled Chicken	Beef Tacos	Spaghetti & Meat Sauce	Sliced Beef	Blackened Basa	Tuna Salad
VEG	Spinach+	Black Beans	Mustard Green+	Asian Vegetable Blend	Blackeyed Peas	Lettuce/Tomatoe
VEG	Coleslaw+*	Green Salad (red cab+, car+)	Marinated Vegetable Salad	Cucumber & Tomatoe Salad	Collard Greens+*	Cucumber Salad
FRUIT	Fresh Fruit (Apple)	Citrus Fruit+	Fresh Fruit (Pear)	Orange+	Fresh Fruit (Banana)	Apple
BREAD	Brown Rice	Spanishs Rice	Cornbread	Noodles	Brown Rice	Crackers
Brown Bag	11AM-1PM (94132, 94127, 94112)		DAIRY/GRAIN	ALL OTHERS AFTER 1PM (NO GUARANTEE OF SUPPLIES)		
	14	15	16	17	18	19
MEAT	Oven Fried Chicken	Sliced Beef	Turkey Wings	Chicken	Tuna Casserole	Deli Chicken
VEG	Peas	Zuchini	Cabbage	(Broccoli)+*	Mushrooms	Lettuce/Tomatoe
VEG	Green salad w/ Carrots	(Cab+, onion, rad, cil)	Collard Greens	Garden Salad	Asparagus*	Macaroni Salad
FRUIT	Fresh Fruit (orange+)	Fruit Cup (Citrus+)	Fresh Fruit (Banana)	Apple	Fresh Fruit (Mandarin Oranges+)	Fruit Cup (Fruit Cocktail)
BREAD	Cornbread	Spanish Rich	Brown Rice	Brown Rice	Whole Wheat Linguini	Wheat Wrap
Brown Bag	11AM-1PM (94132, 94127, 94112)		FRESH VEGETABLES (Farm to Table)	ALL OTHERS AFTER 1PM (NO GUARANTEE OF SUPPLIES)		
	21	22	23	24	25	26
MEAT	Sliced Beef	Chicken Chili	Beef Link	Teryaki Chicken	Fried Basa	Roast Beef
VEG	Yams	Cauliflowere & Peppers	Okra, Corn, Tomatoe	Mixed Vegetables	Cabbage+ & Carrots+	Lettuce/Tomatoe
VEG	Green Salad w/ Fruit	Black Beans	Black Eyed Peas	Bok Choy +*	Red Potatoes	Greek Salad
FRUIT	Fresh Apple	Fruit Cup (Pineapple Chunks+)	Fresh Fruit (Banana)	Fruit Cup (citrus)	Fresh Fruit (Pears)	Fruit Cup (Tropical)
BREAD	Cornbread	Brown Rice	Cornbread or Biscuit	Brown Rice	Whole Wheat Roll	Whole Wheat Bread
Brown Bag	11AM-1PM (94132, 94127, 94112)		PROTEIN (Meat/Beans/Lentils)	ALL OTHERS AFTER 1PM (NO GUARANTEE OF SUPPLIES)		
	28	29	30	31		
MEAT	BBQ Beef	Chicken Paella	Beef Meatloaf	Pepper Steak		
VEG	Baked Beans	Black Beans	Collard Greens+*	Bok Choy+*		
VEG	Green Salad	Peppers & Onions	Blackeyed Peas	Yellow Squash		
FRUIT	Fresh Orange+	Fruit Cup (Pineapple Chunks+)	Fresh Fruit (Apple)	Fruit cup (Tropical)		
BREAD	Cornbread	Whole Grain Roll	Brown/White Rice	Brown Rice		
Brown Bag	11AM-1PM (94132, 94127, 94112)		No Brown Bags This week!!	ALL OTHERS AFTER 1PM (NO GUARANTEE OF SUPPLIES)		