

Elementary Transport Menu



LUSDnutrition.org

November 17, 2025–February 27, 2026

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Week 1
11/17-21
12/8-12
12/29-1/2
1/19-23
2/9-13

Breakfast & Lunch

Consists of the Following Components:
1 Grain - 1 Additional Grain or a Meat/Meat Alternative - 1 Fruit - 1 Vegetable (Lunch) - 1 Milk

**3 must be taken and 1 Component must be 1/2 cup Fruit/Vegetable*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Cereal* Offered Daily.				
Pan Dulce*	Peach Smoothie w/ Graham*	Pancake Minis*	Homemade Banana Chocolate Muffin*	Yogurt Cup w/ Graham*
Lunch				
Pizza Bagel Bites*, Smoothie Protein Meal*	Crispy Chicken Patty Sandwich, Nachos w/ Chips*	Hamburger, Yogurt Protein Meal*	Deli Roast Beef Sandwich, CA Thursday's Green Chile Burrito*	Chicken Mini Corn Dogs, Yogurt Parfait*
Snack & Supper				
<u>Snack:</u> Cracker & Fruit <u>Supper:</u> Chicken Patty Sandwich**	<u>Snack:</u> Pretzels & Cheese Stick <u>Supper:</u> Yogurt Protein Meal*	<u>Snack:</u> Sweet Crackers & 1% Milk <u>Supper:</u> Cheese Pizza*	<u>Snack:</u> Graham Crackers & No-nut Butter <u>Supper:</u> Mozzarella Breadsticks*	<u>Snack:</u> Chips & Paradise Punch <u>Supper:</u> Bean & Cheese Burrito*

WEEK ONE

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast- Cereal* Offered Daily.				
Cinnamon Raisin Bagel w/ Cream Cheese*	Fruit Frudel*	Nutri-Grain Bar w/ Graham	Homemade Cinnamon Roll*	Pan Dulce*
Lunch				
Chicken Smackers with a Biscuit, Cheese Pizza*	Pepperoni Stuffed Sandwich, Grilled Cheese Sandwich*	Cheeseburger, Mozzarella Breadsticks*	Crispy Chicken Patty Sandwich, Smoothie Protein Meal*	Turkey Bowl w/ Biscuit, WOWbutter Sandwich*
Snack & Supper				
<u>Snack:</u> Pop Oats & Cheese Stick <u>Supper:</u> Mozzarella Quesadilla*	<u>Snack:</u> Crackers & Paradise Punch <u>Supper:</u> Cheese Pizza*	<u>Snack:</u> Goldfish Crackers & Fruit Juice <u>Supper:</u> Grilled Cheese Sandwich*	<u>Snack:</u> Sunflower Seeds & Fresh Fruit <u>Supper:</u> Nachos w/Tortilla Chips*	<u>Snack:</u> Sweet Crackers & Yogurt Cup <u>Supper:</u> Green Chile Burrito*

Week 2
11/24-28
12/15-19
1/5-9
1/26-30
2/16-20

Breakfast & Lunch

At least 80% of our grains are Whole Grain rich

EVERY DAY we also offer:
1% White Milk - Non Fat Chocolate Milk
Fresh, local fruits & vegetables!

Week 3
12/1-5
12/22-26
1/12-16
2/2-6
2/23-27

Snack & Supper

Supper Consists of 5 Food Components:
1/4 cup Fruit
1/2 cup Vegetable
Whole Grain Item
Meat/ Meat Alternative
Milk
***3 must be taken**

***Snack Consists of 2 Food Components. Both Need to be Taken.**

We Offer at Least One Whole Grain Item Daily

All Snacks are Vegetarian
1% White Milk -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast -Cereal* Offered Daily.				
Oatmeal Bar w/ Graham*	WOWbutter Sandwich*	Yogurt Cup w/ Graham*	Homemade Snickerdoodle Muffin*,	Breakfast Pops w/ Syrup*
Lunch				
Chicken Mini Corn Dogs, Lasagna w/ Breadstick*	Texas Straw Hat, Grilled Cheese Sandwich*	Deli Turkey & Cheese Sandwich, Cheese Pizza*	CA Thursday's Hot Dog, Macaroni & Cheese*	Chicken Smackers w/ Biscuit, WOWbutter Sandwich Protein Meal*
Snack & Supper				
<u>Snack:</u> Crackers & Hummus <u>Supper:</u> Cheese Pizza*	<u>Snack:</u> Doritos Chips & Fruit Juice <u>Supper:</u> Pepperoni Stuffed Sandwich**	<u>Snack:</u> Cheese Stick & Fresh Fruit <u>Supper:</u> WOWbutter Sandwich*	<u>Snack:</u> Graham Crackers & 1% Milk <u>Supper:</u> Grilled Cheese Sandwich*	<u>Snack:</u> Corn Crunchers & Paradise Punch <u>Supper:</u> Yogurt Protein Meal*

WEEK THREE

This institution is an Equal Opportunity Provider.