

Pick up FREE meals at Carquinez Middle, Rodeo Hills Elementary and Bayo Vista 11:30 AM-1:30 PM MONDAY-FRIDAY

Friday's meals include Saturday and Sunday (MEMORIAL DAY included in the Friday meal)

PICK UP A WEEK'S WORTH OF MEALS EVERY MONDAY

Items included multi-day meal kits may differ from menu items based on availability

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	B-Cereal & Grahams L- Chicken Caesar Salad	B- Appleways Bar L- NEW! Polynesian Meatballs & Rice or Steak & Rice	B-Muffin & String Cheese L- Spaghetti w/All Beef Sauce (or Mozzarella (V))	B-Benefit Bar L-PIZZA DAY! Includes Weekend meals	B-Cinnamon Bun L-Italian Cheese Pull Apart	B-French Toast L-Bean & Cheese Burrito MOTHER'S DAY
7	8	9	10	11	12	13
B-Mini Pancakes	B-Banana Bread	B-Concha	B-Cereal & Grahams	B-Cinnamon Bun	B-Cereal & Grahams	B-French Toast
L-Cheeseburger & Fries **7-DAY BOXES	L-Rib-B-Que (pork)	L- Homemade Chicken Fajita Burrito	L-Chef's Choice LAST DAY OF SCHOOL! (4-DAY MEAL KITS AVAILABLE)	L- Chef's Choice Includes Weekend meals	L-Chicken Nuggets & Roll	L-Bean & Cheese Burrito
SUMMER MEAL MENU COMING SOON						

NEW THIS MONTH: Fresh Chicken Caesar Salads, Yogurt Parfaits and Polynesian Meatballs and Rice. We only serve 100% mozzarella cheese on our Pizzas, 100% beef and our lunch meats are nitrate free!

We offer fat free chocolate milk and 1% milk with each meal, along with fresh fruits and vegetables. Vegetarian meals are always available. We offer multiple day meals on Mondays for 7 days and Fridays for three days. One of each meal per child per day, please. Our menu is subject to change based on freshness and availability. Meal kit contents may vary from this menu.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.