

Meal Prices:

Mountain Vista Campus
 Breakfast.....\$1.00
 Lunch.....\$1.75

Oracle Ridge Campus
 Breakfast.....85 cents
 Lunch.....\$1.50

Adult Breakfast.....\$1.25
Adult Lunch\$2.50

Ala Carte Milk: .35 cents

Breakfast Includes:

The daily special plus assorted cereals, juice and milk.

Mon. and Wed.: Cream of Wheat
Tues. and Fri. : Oatmeal

Offered Daily at Lunch:

1% or Fat Free White Milk
 Fat Free Chocolate Milk
 1% Strawberry Milk

Fruit and Vegetable are offered at all lunches.

Mon., Wed., & Fri.:

There will be an alternate choice of salad with assorted toppings and dressings.

In accordance with Federal Law and U.S. Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion or disability.



We realize that sometimes students forget lunch money. Students can charge up to \$5.00, after this a cheese sandwich, fruit and milk will be offered.

**Oracle Elementary District
 Lunch Menu
 November 2009**

Healthy Eating Tips for Kids

1. Food is fun. Enjoy your food.
2. Breakfast is a very important meal.
3. Eat lots of different foods every day, variety is the recipe for health.
4. Gimme five! Eat fruits and vegetables with each meal and as a tasty snack.
5. Get moving! Be active every day.
6. Quench your thirst. Drink plenty of liquids.
7. Care for those teeth! Brush your teeth at least twice a day.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Nachos, Ranch Beans, Jalepenos	3 Sloppy Joe or Chili Dog, Tater Tots	4 Hot Wings, Rice Pilaf	5 Chicken Nuggets, Roll or Ham & Cheddar Sandwich, Seasoned Fries	6 French Bread Pizza	7
8	9 Lasagna, Vegetable, Breadstick	10 Mand. Orange Chicken or Egg Roll, Fried Rice	11 Veteran's Day No School	12 Cheese Quesadilla or Soft Taco, Refried Beans	13 Deli-Sand., Let., Tom., Pick. Spear, Chips	14
15	16 Bean & Cheese Burrito, Spanish Rice	17 Gr. Cheese Sand., Tomato Soup, or Chick. Salad Sand., Lettuce, Tom.	18 Spaghetti w/meat sauce, Breadstick	19 Cougar Burger w/cheese, or Gr. Chick. Sand/Lettuce, tomato oven fries	20 French Bread Pizza	21
22	23 Corn Dog, Tater Tots	24 Turkey Dinner or Salad Bar				28
29	30 Pizza rolls					