



Yellow Watermelon

from

Have you ever seen or tasted a Yellow Watermelon?

This month we are featuring this iconic summer fruit but with a twist: it's yellow instead of red or pink! This variety is known for a flavor that is reminiscent of honey.

These melons thrive in dry and hot weather; they are known as “desert kings” because they often grown where water is scarce. While reddish watermelons are high in lycopene—a plant antioxidant also found in tomatoes—yellow watermelons are high in beta-carotene, an antioxidant that adds a golden blush to cantaloupes, pumpkins and carrots.

We are pleased to expose all our students to this organic “exotic” ruit sourced from Fully Belly Farms in Guinda, California.



Vegetarian PLEASE NOTE: Due to major supply chain disruptions many food entrées or sides may be substituted due to unplanned shortages or limited availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Breakfast Pizza -or- Whole Grain Muffin	13 Whole Grain Crispito -or- Yogurt Bento Box	14 Pancake Pup -or- Yogurt Bento Box	15 Whole Grain Crispito -or- Yogurt Bento Box	16 Breakfast Burrito -or- Whole Grain Muffin
Orange Chicken with Hawaiian Brown Rice -or- Chicken Caesar Salad -or- Spicy Chicken Wrap	Breaded Chicken Drumstick -or- House Salad -or- Bean & Cheese Burritos	Hot Dog on Whole Grain Bun -or- Chicken Caesar Salad -or- Spicy Chicken Wrap	Cheeseburger on Whole Grain Bun -or- House Salad -or- Bean & Cheese Burritos	Spicy Chicken Sandwich on Whole Grain Bun -or- Chicken Caesar Salad -or- Pepperoni or Cheese Pizza
19 Breakfast Pizza -or- Whole Grain Muffin	20 Whole Grain Crispito -or- Yogurt Bento Box	21 Pancake Pup -or- Yogurt Bento Box	22 Whole Grain Crispito -or- Yogurt Bento Box	23 Breakfast Burrito -or- Whole Grain Muffin
Orange Chicken with Hawaiian Brown Rice -or- Chicken Caesar Salad -or- Spicy Chicken Wrap	Breaded Chicken Drumstick -or- House Salad -or- Bean & Cheese Burritos	Hot Dog on Whole Grain Bun -or- Chicken Caesar Salad -or- Spicy Chicken Wrap	Cheeseburger on Whole Grain Bun -or- House Salad -or- Bean & Cheese Burritos	Spicy Chicken Sandwich on Whole Grain Bun -or- Chicken Caesar Salad -or- Pepperoni or Cheese Pizza
26 Breakfast Pizza -or- Whole Grain Muffin	27 Whole Grain Crispito -or- Yogurt Bento Box	28 Breakfast Burrito -or- Pancake Pup	29 Whole Grain Crispito -or- Yogurt Bento Box	30 Turkey Chorizo Bagel -or- Whole Grain Muffin
Orange Chicken with Hawaiian Brown Rice -or- Chicken Caesar Salad -or- Spicy Chicken Wrap	Chicken Pasta Alfredo w/Side Caesar Salad -or- House Salad -or- Bean & Cheese Burritos	Spicy Breaded Chicken Drumstick -or- Chicken Caesar Salad -or- Spicy Chicken Wrap	Cheeseburger on Whole Grain Bun -or- House Salad -or- Bean & Cheese Burritos	Spicy Chicken Sandwich on Whole Grain Bun -or- Chicken Caesar Salad -or- Pepperoni or Cheese Pizza

Welcome back, SCUSD students and families!

We are overjoyed to welcome our students for breakfast and lunch again starting September 1st. This school year every TK-12 public school in California will offer FREE breakfast and lunch to every student regardless of income qualification. We are thrilled to see California lead the way in recognizing the essential role of school meals as we emerge from the pandemic. Free, healthy school meals for all kids support our families and our local farmers as we continue to expand our Farm-to-School program this upcoming school year.

All middle and high school students need to memorize their 9-digit student ID number in order to obtain meals. Student ID numbers can be found on class schedules, student portals or from your Office Manager. Student ID cards with bar codes on them may also be used with our school meal scanners.

Breakfast options: Listed entrée or General Mills Whole Grain Cereal, graham crackers, and a variety of fresh or canned fruit will be offered daily, along with choice of milk.

Lunch options: Variety of fresh fruits and vegetables and choice of fresh milk will be offered daily with all lunch entrées.



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