

August 2022

For the 2022-23 school year, ongoing state and federal legislation allows Cardiff School District to continue to make available a daily lunch, free of charge, for all students. In addition, we are pleased to announce that all students will now also be able to grab a quick breakfast, before school at no cost.



***(B)-Breakfast (L)-Lunch

Breakfast Served Daily before School

Includes: Whole grain entree, fresh fruit and choice of milk.

Milk: Low fat/Fat free and chocolate on Friday only.

Daily Salad Bar: Fresh/California Grown

Includes: 1/2 Cup lettuce, grape tomatoes, baby carrots, cucumber slices and salad dressing.

Assorted fruits/vegetables offered based on availability

Monday	Tuesday	Wednesday	Thursday	Friday
	16 (B) Whole Grain Muffin (L) Cheese Quesadilla	17 (B) Buttermilk Twin Bar (L) Pepperoni Pizza Bagel	18 (B) Bagel with cream cheese (L) Orange Popcorn Chicken with Brown Rice	19 (B) Oats & Honey Bar (L) Cheeseburger
22 (B) Yogurt & Granola (L) Mini French Toast with Turkey Bacon	23 (B) Whole Grain Muffin (L) Bean and Cheese Burrito	24 (B) Mexican concha (L) All Beef Hot Dog	25 (B) Bagel with cream cheese (L) Mac & Cheese	26 (B) Oats & Honey Bar (L) Chicken Patty Sandwich
29 (B) Yogurt & Granola (L) Fiesta Nachos with Turkey chili	30 (B) Whole Grain Muffin (L) Teriyaki Beef Dippers with Brown Rice	31 (B) Whole Grain Cinnamon Bun (L) Ham & Cheese Sub		

Agosto 2022

Para el ciclo escolar 2022-23, el programa federal de alimentacion gratuita continua en el Distrito Escolar de Cardiff diariamente para los estudiantes. Además los estudiantes podrán tomar el desayuno gratuito antes de clases



***(B)-Breakfast/Desayuno (L)-Lunch/Almuerzo

Desayuno diario antes de clases

Incluye: alimento de trigo, fruta y leche

Leche: baja en grasa/sin grasa/chocolate solo los viernes

Barra de ensalada; fresca de California

Incluye: 1/2 taza de lechuga, tomate, zanahorias pepinos y aderezo.

Frutas y vegetales de acuerdo a su disponibilidad.

Monday	Tuesday	Wednesday	Thursday	Friday
	16		17	18
	(B) Panecillo de grano entero	(B) Buttermilk Twin Bar	(B) Bagel with queso crema	(B) Oats & Honey Bar
	(L) Quesadilla	(L) Bagel de peperoni	(L) Pollo naranja con arroz integral	(L) Hamburguesa con queso integral
	22	23	24	25
(B) Yogurt & Granola	(B) Panecillo de grano entero	(B) Mexican concha	(B) Bagel con queso crema	(B) Oats & Honey Bar
(L) Mini French Toast con tocino de pavo	(L) Burrito de frijol y queso	(L) Salchicha de carne	(L) Mac & Cheese	(L) Sandwich de pollo
	29	30	31	
(B) Yogurt & Granola	(B) Panecillo de grano entero	(B) Pan de canela		
(L) Fiesta Nachos con chili de pavo	(L) Carne Teriyaki on arroz integral	(L) Sandwich de Damon y queso		