



SEPTEMBER 2024

Big Oak Flat Unified School District

MENU SUBJECT TO CHANGE
 Served Daily Milk, Salad cart
 Choice of fruits, vegetables
 Protein items

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL 2	Nacho Or Taqitos Salad cart choices 3	BBQ Buffet (Pulled chicken, rice, beans, roll & steamed broccoli) Salad cart choices 4	Spaghetti w/ Meat sauce Or Mozz. Sticks Salad cart choices 5	Pizza Or Hotdog w/ chips Salad cart choices 6
Chicken Nuggets & Rice Pilaf Or Corndog w/ chips Salad cart choices 9	Walking Taco w/ Rice Or Quesadilla Salad cart choices 10	Bacon Mac & cheese w/ breadstick Or Mozz. Sticks Salad cart choices 11	Hamburger w/ chips Or Chicken patty Sandwich Salad cart choices 12	Pizza Or Jumbo Pretzel w/ cheese Salad cart choices 13
Orange chicken w/ Fried rice Or Meatballs w/ rice Salad cart choices 16	Nacho Or Taqitos Salad cart choices 17	Breakfast Buffet (Eggs, Bacon, Sausage, Toast, Hash Brown & Fresh Fruit) Salad cart choices 18	Spaghetti w/ Meat sauce Or Mozz. Sticks Salad cart choices 19	Pizza Or Hotdog w/ chips Salad cart choices 20
Chicken Nuggets & Rice Pilaf Or Corndog w/ chips Salad cart choices 23	Walking Taco w/ Rice Or Quesadilla Salad cart choices 24	Bacon Mac & cheese w/ breadstick Or Mozz. Sticks Salad cart choices 25	Hamburger w/ chips Or Chicken patty Sandwich Salad cart choices 26	Pizza Or Jumbo Pretzel w/ cheese Salad cart choices 27
Meatball sub Or Mozz. Sticks Salad cart choices 30				

USDA Requirements: A complete meal consist of 5 items (protein, grain, fruits, vegetable and fluid milk)
 Students must choose 3 with 1 being at least ½ cup fruit &/ or vegetables.