



### WHAT IS THINK [CA]?

Think [CA] is Sodexo's commitment to communicating to our students, parents, administration and communities that we are your partners in nurturing students by empowering them to think about their nutritional choices and choose to eat well.

The project is designed to get individuals (of all ages) to STOP and THINK California! Think about the unique qualities associated with the state and our foodservice programs. This includes, whenever possible, to feature items that are made from scratch, selections with a short ingredient list and/or no artificial additives and to use locally-grown and produced ingredients. Think [CA] visualizes our promise to promote student achievement while improving the quality of life and overall well-being of the students, families and communities we serve.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

### WHAT DO THE ICONS MEAN?

As major focus of Think [CA] is to help students make nutritionally sound choices. To assist in this effort, we have created three color-coded graphic icons to correlate with the key initiatives we are emphasizing throughout our California accounts. In addition to a distinct color, each icon features a simple graphic and key word that visually communicates the meaning of the icon.



Food options that utilize locally-grown or produced ingredients.



Food options that are made from scratch.



Food options options with a short ingredient list and/or no artificial additives.

Monday 10/29	Tuesday 10/30	Wednesday 10/31	Thursday 11/1	Friday 11/2
WG Bagel with Cream Cheese**	Mini Maple Pancakes**	Lowfat Yogurt with Cinnamon Graham Goldfish**	WG Breakfast Sausage Pizza	WG Muffin with Cheesestick, Sunflower Seeds or Graham Crackers**
Monday 11/5	Tuesday 11/6	Wednesday 11/7	Thursday 11/8	Friday 11/9
WG Zucchini Bread**	Mini Maple Pancakes**	Cinnamon Bun**	WG Breakfast Sausage Pizza	WG Benefit Bar**
Monday 11/12	Tuesday 11/13	Wednesday 11/14	Thursday 11/15	Friday 11/16
** No School ** Holiday	Mini Maple Pancakes**	Lowfat Yogurt with Cinnamon Graham Goldfish**	WG Breakfast Sausage Pizza	WG Muffin with Cheesestick, Sunflower Seeds or Graham Crackers**
Monday 11/19	Tuesday 11/20	Wednesday 11/21	Thursday 11/22	Friday 11/23
** No School ** Thanksgiving Break	** No School ** Thanksgiving Break	** No School ** Thanksgiving Break	** No School ** Thanksgiving Break	** No School ** Thanksgiving Break
Monday 11/26	Tuesday 11/27	Wednesday 11/28	Thursday 11/29	Friday 11/30
WG Bagel with Cream Cheese**	Mini Maple Pancakes**	Lowfat Yogurt with Cinnamon Graham Goldfish**	WG Breakfast Sausage Pizza	WG Muffin with Cheesestick, Sunflower Seeds or Graham Crackers**

Menu is subject to change. The USDA and this institution are equal opportunity employers.

#### Additional Entrees Offered Daily:

Assorted Cereals offered with Graham Cracker, Sunflower Seeds or String Cheese

Breakfast also includes: a Variety of Milks and Assorted Fruits

Online Payment can be made at: [www.EZSchoolPay.com](http://www.EZSchoolPay.com)

### FROM THE GARDEN

#### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Raisins	Raisins	Raisins	Raisins	Raisins
Carrot Sticks	Broccoli	Kidney or Pinto Beans	Broccoli	Carrot Sticks
Apples	Corn	Apples	Corn	Apples
Can Peaches	Oranges	Fruit Cocktail	Oranges	Can Pears
Tossed	Applesauce	Tossed Green Salad	Can Apricots	Tossed Green Salad
Green Salad				

The Nutrition services department is encouraging parents to prepay for school lunch so we can serve your students faster in the cafeteria. If you have question, please call Nutrition Services.

Applications for free and reduced lunches are available in the school offices and new applications needs to be filled out each school year for every household.

