

**Nobody learns  
if they're empty.**



Someone once said that 80% of success in life is just showing up. We're not sure if that's true, but we do know that you can't expect to learn if you're not filling up that seat every day. And you can't keep your seat full unless you're full, too. It's a fact: you have to eat well to learn well. We hope you'll join us often this year!

**Breakfast**      **Lunch**  
**\$1.25**      **\$1.80**

Reduced price breakfast is \$.30.  
Reduced price lunch is \$.40.

**A new meal application is required every school year. Be sure to turn yours in today to continue receiving meal benefits.**

**NOW SERVING: Protein,  
Calcium . . . and FIBER!?**

**F**lavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes 14 g or less of added sugar – that's about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow.

**N**o wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for teens – and a fairly minimal source of sugar and calories.



**Prepay  
On-line!**



**Go to  
mySchoolBucks.com**



**East Whittier City School District**

*This institution is an equal opportunity provider.*

**available daily**

**Breakfast and Lunch are available daily! Come join us before school for a hearty breakfast. There are many of your favorite choices available daily at both breakfast and lunch.**



# MODERATION.

The new MyPlate graphic advises us about the kinds of food to put on our plates. But WHAT you eat isn't the only thing that matters – the SIZE of the plate and the AMOUNT of food you put on it makes a difference, too. The best advice for healthy living is to enjoy what you eat, but don't overdo it.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

## Breakfast Specials

### Entrees

- Breakfast Burrito
- Sausage, Egg & Cheese Burrito
- Bagel with Cream Cheese
- Assorted Cereals
- PB&J Sandwich
- Breakfast Quesadilla
- Colby Cheddar Omelet
- Maple Mini Pancakes
- Yogurt with Cereal Bar Muffin

Choices vary by school. Not all selections are available daily.

### Sides

- Applesauce, Peaches or Pears
- Fresh Fruit
- Assorted Juices

**Choose one entree**

**Add a side dish**

**Don't forget your milk!**

## Lunch Specials

**The complete meal deal includes your choice of entree, 1 or 2 sides and milk**

### Entrees

- Chicken Corn Dog
- Fernando's Burrito
- Blazin' Chicken Spaghetti
- Mac & Cheese
- Chicken Sandwich
- Smuckers PB&J
- Turkey Chili with Roll
- Hamburger
- Chicken Fajitas with Rice
- Chicken Salad
- Cheeseburger Twins
- Chili Fries with Roll
- Oven Fried Chicken with Roll
- Grilled Cheese
- Popcorn Chicken
- Chicken Nuggets with Roll
- Turkey Gravy with Potatoes and Roll
- Orange Chicken Rice Bowl
- Teriyaki Chicken Rice Bowl
- Weinerschnitzel Chili Cheese Dog
- Papa John's Pizza Slice
- Salad Bar Your Way

### Sides

- Assorted Juices
- Baby Carrots
- Fresh Veggies
- Corn on the Cob
- Cucumber Slices
- Lettuce & Pickles
- Green Side Salad
- Baked Fries
- Jicama Sticks
- Fresh Fruit
- Minute Maid Juice bar

Choices vary by school. Not all selections are available daily.

## A La Carte

### Breakfast

Cereal Bar	\$ .75
Yogurt (8 oz)	\$ 1.00
String Cheese	\$ .35
Cinnamon Bun	\$ .75
100% Juice	\$ .50
Bottled Water (20 oz)	\$ .75
Gatorade (12 oz)	\$ 1.00
Milk (8 oz)	\$ .30

### Lunch

Baked Potato with Toppings	\$ 2.00
String Cheese	\$ .35
Fresh Fruit	\$ .35
Crackers or Pretzels	\$ .75
Assorted Baked Chips	\$ .75
Bagel with Cream Cheese	\$ 1.00
Yogurt (8 oz)	\$ 1.00
Fresh Baked Cookie	\$ .75
Low fat Brownie	\$ .75
Sunflower Seeds	\$ .35

## Welcome Back!



We're here to serve you, so please let us know if there's anything we can do for you.

## HAVE A GREAT YEAR!