



Rosamond Library Dinner Menu

September 2019

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits throughout the month. **Locally-grown items are offered whenever seasonally-available.** rBST hormone free low-fat or fat-free milk is included with all meals. All bread products are whole grain and all featured menu items contain zero trans fat. A meal includes an entrée, fruit and vegetable selection and milk. You must take three of the five components and one must be a fruit or vegetable, or a combination of both. Menu is subject to change without notice.

Monday 9/2

Tuesday 9/3

Wednesday 9/4

Thursday 9/5

Friday 9/6

Cheeseburger
Potato Wedges
Orange Slices
Milk

Crispy Chicken Sandwich
Corn
Apple
Milk

Cheddar Cheese Nachos
Refried Beans
Bananas
Milk

Monday 9/9

Tuesday 9/10

Wednesday 9/11

Thursday 9/12

Friday 9/13

Turkey Hot Dog
Garden Salad
Orange Slices
Milk

Orange Chicken w/ Rice
Corn
Apple
Milk

Bean & Cheese Burrito
Caesar Salad
Bananas
Milk

Monday 9/16

Tuesday 9/17

Wednesday 9/18

Thursday 9/19

Friday 9/20

Cheeseburger
Potato Wedges
Orange Slices
Milk

Crispy Chicken Sandwich
Corn
Apple
Milk

Cheddar Cheese Nachos
Refried Beans
Bananas
Milk

Monday 9/23

Tuesday 9/24

Wednesday 9/25

Thursday 9/26

Friday 9/27

Turkey Hot Dog
Garden Salad
Orange Slices
Milk

Orange Chicken w/ Rice
Corn
Apple
Milk

Bean & Cheese Burrito
Caesar Salad
Bananas
Milk

Monday 9/30

Tuesday

Wednesday

Thursday

Friday



We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates options that are made from scratch. **Vegetarian** items noted with **V**.

For menu nutritional information and items containing common food allergens please visit www.skusd.k12.ca.us

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