

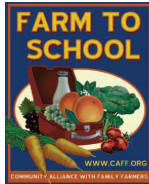
## Laguna High School Snack Attack



For Sonoma County:  
 February - Beets  
 March - Cabbage  
 April - Carrots  
 May - Strawberries

### Laguna's Snack Attack Will Be Serving the Following Produce from Local Farms:

Three Leaf Farms -  
*Apples, Lettuce*  
*Cucumbers, Kale,*  
*Potatoes, Squash*  
*Sweet Corn, Radishes*  
 Klopp Ranch: *Bartlett*  
*Pears, Asian Pears*



**Build Healthy Bones with Nonfat or 1% White Milk, or Nonfat Chocolate Milk**

**The U.S.D.A. is an equal opportunity provider and employer.**

## FREE/REDUCED MEAL APPLICATIONS

- Apply Online at [www.schoollunchapp.com](http://www.schoollunchapp.com)
- Paper applications available at the Laguna Snack Attack or at the school office.
- Apply anytime during the school year



## PREPAY ONLINE!

Never worry about carrying cash again. Go to MyNutriKids.com to set up your school meal account and prepay online and track your purchases and account balance!! Or prepay with check or cash at the Snack Attack. Make checks payable to Food Services.

### Forget your lunch money?

- You may charge up to \$10.00 on your meal account for meals only.
- A la Carte snacks and beverages (items sold individually) cannot be charged.
- All charges must be paid off by the end of each semester.

## A la Carte Menu

*Healthy Snacks & Beverages*  
 Sold Individually at the Snack Bar

### Snacks

**50¢:** Large Chocolate Chip or Double Chocolate Cookie, Chex Mix, Corn Nuts, Sunflower Seeds, Cheez-its

#### **50¢ Milk & Cookie Special!!**

Buy a Fresh Baked Cookie (Double Chocolate or Chocolate Chip) for 50¢ – *Get milk free!!*

**75¢:** Push-Up Rainbow Ice Cream, Fudge Bar Ice Cream, Baked Lays Chips, Flamin' Hot Cheetos, Sour Worms, Gummy Bears, Blueberry or Chocolate Chip Muffins, Linda's Brownies

**\$1.50:** Nachos

### Beverages

**50¢:** Milk – White or Chocolate

**75¢:** DeJaBlue Water

**\$1.00:** 8 oz Slushies, 8 oz Hot Chocolate or French Vanilla, All Sport, 12 oz Gatorade, Fizz Ed, Snapple Can

**\$1.50:** 12 oz Slushies, 12 oz Hot Chocolate or French Vanilla, 12 oz Mocha's w/Coffee, 20 oz Gatorade, Talking Rain Sparkling ICE

**Fuel Up for the Day!**  
*Remember to eat a healthy breakfast at the Snack Attack*

# SNACK ATTACK BRUNCH MENU FOR WINTER 2011

**Monday:** Pork Sausage and Cheese on an English Muffin

**Tuesday:** Ham and Cheese on a Croissant

**Wednesday:** Pork Sausage Croissant

**Thursday:** Ham and Cheese on a Croissant

**Fridays:** Pork Sausage on English Muffin

**Offered Daily in Addition to the Brunch Specials, when available:** Breakfast Burrito, Kellogg's Pop Tarts, Cini-Minis, Oatmeal, Cereal (2 bowls), Bagel & Cream Cheese

Alternate Breakfast Entree: Cereal (2 bowls)

***Try the Full Meal Deal for Only \$1.75!***

## **Snack Attack Brunch Prices**

<b>Student Brunch.....</b>	<b>\$1.75</b>
<b>Reduced Student Brunch.....</b>	<b>30¢</b>
<b>Free Student Brunch.....</b>	<b>no charge</b>
<b>Adult Brunch.....</b>	<b>\$2.25 plus tax</b>

**A complete breakfast meal is served at brunch and includes entrée, milk and fruit or fruit juice.**

***Water dispenser available at the Snack Bar. Help yourself to complimentary water.***

*Offer Verses Serve: State and federal guidelines specify what components qualify as a complete lunch. You can take all of the items or mix and match. Ask the cashier if you are not sure what items make a complete meal.*

## *Served Daily in Addition to the Lunch Specials*

- **Fresh Garden Salad Daily**
- **Deli Sandwich Variety (choices could include Turkey & Ham Sub, Club Sandwich w/ Bacon & Turkey, Turkey or Ham Sandwiches)**
- **Spicy Chicken Sandwich**
- **Smucker's Uncrustables**
- **Cheese or Pepperoni Pizza**
- **Hamburger or Cheeseburger**
- **PB&J Sandwich**

**Alternate Lunch Entree: PB&J Sandwich**

## *Served Tuesdays and Thursdays in Addition to the Lunch Specials*

- **Fresh Chicken Ceasar Salad**

***Try the Full Meal Deal for only \$3.00!!***

### **Snack Attack Lunch Prices**

<b>Student Lunch.....</b>	<b>\$3.00</b>
<b>Reduced Student Lunch.....</b>	<b>40¢</b>
<b>Free Student Lunch.....</b>	<b>no charge</b>
<b>Adult Lunch.....</b>	<b>\$3.50 plus tax</b>

**Your Full Meal Lunch Deal Includes an Entrée, Milk, Fruit or Fruit Juice, Side or Side Salad. A Mini-Treat is included with each meal. The menu is subject to change.**

*Offer Verses Serve: State and federal guidelines specify what components qualify as a complete lunch. You can take all of the items or mix and match. Ask the cashier if you are not sure what items make a complete meal.*

# Laguna Snack Attack



# February 2012

# Winter Menu

## LUNCH SPECIALS

16 serving days

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
<b><i>Happy Valentines Day</i></b>			1 <b>Lasagna</b> Breadstick, Serve Yourself Side Salad, Fruit & Treat	2 <b>Parmesan Chicken Sandwich</b> Chips, Serve Yourself Side Salad, Fruit & Treat	3 <b>Zesty Tamales</b> With Rice, Beans, Serve Yourself Side Salad, Fruit & Treat	4
5	6 <b>Choose from the Daily Menu</b>	7 <b>Red Barron French Bread Pizza</b> Cheese & Pepperoni Pizza Serve Yourself Side Salad, Fruit & Treat	8 <b>Oven Fried Chicken</b> Mashed potatoes & gravy, seasonal veggie, biscuit, Serve Yourself Side Salad, Fruit & Treat	9 <b>Barbecue Rib Sandwich</b> Chips, Serve Yourself Side Salad, Fruit & Treat	10 <b>Mandarin Orange Chicken Over Rice</b> Serve Yourself Side Salad, Fruit & Treat	11
12	13 <b>Choose from the Daily Menu</b>	14 <b><i>Happy Valentine's Day</i></b> ♥♥♥ <b>Big Daddy Pizza</b> Chicken Pesto, Cheese & Pepperoni Pizza Serve Yourself Side Salad, Fruit & Treat	15 <b>Spicy Chicken Sandwich</b> Chips, Serve Yourself Side Salad, Fruit & Treat	16 <b>No School Have fun!</b>	17 <b>No School Have fun!</b>	18
19	20 <b>No School President's Day</b>	21 <b>Big Daddy Pizza</b> Chicken Pesto, Cheese & Pepperoni Pizza Serve Yourself Side Salad, Fruit & Treat	22 <b>Baked Ranch Chicken,</b> Mashed potatoes & gravy, seasonal veggie, roll, Serve Yourself Side Salad, Fruit & Treat	23 <b>49er All Beef Hot Dog</b> w/ all the toppings, chips, Serve Yourself Side Salad, Fruit & Treat	24 <b>BLT Croissant Sandwich</b> Serve Yourself Side Salad, Fruit & Treat	25
26	27 <b>Choose from the Daily Menu</b>	28 <b>Big Daddy Pizza</b> Chicken Pesto, Cheese & Pepperoni Pizza Serve Yourself Side Salad, Fruit & Treat	29 <b>Meatloaf</b> Mashed potatoes & gravy, seasonal veggie, biscuit, Serve Yourself Side Salad, Fruit & Treat	<b>Enjoy Fresh Made Salads</b> <b>Available Daily!</b>		