

# San Ramon Valley School District

## Gale Ranch Middle School

November 30th - December 4th, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
	Veggie Fried Rice (V) Veggie Egg Roll				Orange Chicken
	Cheese Pizza Pepperoni Pizza	Hawaiian Pizza Cheese Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza
	Hamburger Cheeseburger Chicken Sandwich	Hamburger Cheeseburger Chicken Sandwich Chicken Fingers	Hamburger Cheeseburger Chicken Sandwich	Hamburger Cheeseburger Chicken Sandwich	Hamburger Cheeseburger Chicken Sandwich Popcorn Chicken
	Chicken Fingers	Chicken Fajitas Cheese Quesadillas	Bosco Sticks w/ Marinara Sauce Cheese Steak Sandwiches	Macaroni & Cheese Teriyaki Beef Burgers	Cheese Omelettes w/Banana Bread
	Ham, Turkey or Tuna Sandwich	Ham, Turkey or Tuna Sandwich	Ham, Turkey or Tuna Sandwich	Ham, Turkey or Tuna Sandwich	Ham, Turkey or Tuna Sandwich
	Salad Bar Oven Baked Fries Oriental Salads	Salad Bar Pinto Beans Mex-icali Corn	Salad Bar Marinated Bean Salad Oven Baked Fries	Salad Bar Green Beans Oven Baked Fries	Salad Bar Steamed Rice Tator Tots

A variety of milk, 1% white and non fat chocolate is offered with each meal  
Fresh and canned fruits and vegetables are available at all schools.

Not all items available at each school. Menu Subject to  
Change, (V) Denotes Vegetarian Option

**All lunches include:**  
**1 (one) - Entrée item**  
**2 (two) – side items from the**  
**“Extra Extra” offerings**  
**1 (one) – choice of milk**



An asterisk(\*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% white milk.

The School Lunch Program is operated in accordance with the U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap, or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food service provided by Chartwells School Dining Services, 925.824.1807 or 925.824.1809

