

A FARM-TO-SCHOOL HOT OR COLD BAR
is available every day, providing locally grown, seasonal, and sustainable foods made possible by working with local farmers, community-based organizations and food suppliers.

FARMERS' MARKET GARDEN SALAD BAR
Serving DJUSD's famous Crunch Mix as the base leafy green, and complemented with fresh vegetable and fresh fruits in season. Check out the 'Fresh Fruits and Vegetables Seasonal Availability' list at the DJUSD Student Nutrition Services website.



DELI SANDWICH BAR

Make your own deli sandwich using your choice of freshly baked artisan whole-grain bread or rolls and variety of make it nutritionally balanced with fresh leaf lettuce, tomatoes and onions, and more exciting with the addition of pickles, jalapeños, and assorted condiments.



HOT POTATO BAR
WITH EXCITING TOPPINGS AND 'FIXINS'
Sour Cream, Chives, Leeks or onion leaves, diced chicken, bacon, beef, shredded cheeses or cheese sauce, broccoli, corn, sweet peppers, olives,



MEAL PAYMENT OPTIONS

Meal payments may be made by CHECK or CASH with your school kitchen manager. Please make check payable to DJUSD STUDENT NUTRITION SERVICES

ON-LINE PAYMENT - 24/7
convenient internet access to prepayment service, give parents a fast, easy, secure way to pay for and add money to meal accounts and check balances on-line.

GET ONE BONUS MEAL

for every 20 meals prepaid in a single transaction.
Refunds are not given on bonus meal credits.

MEAL PRICES

BREAKFAST

Full price..... \$2.00

Reduced price.....\$0.30

LUNCH

Full price.....\$3.50/\$3.75

Reduced price.....\$0.40

All meals are FREE to qualifying students.

Menu designed by
Bryce Vaewsorn
Grade 9, Holmes



HARPER JR HIGH SCHOOL

Husky Cafe

MENU 2008-2009



Eating to Learn, Learning to Eat!

Davis Joint Unified School District
STUDENT NUTRITION SERVICES
Phone: 530-759-2186; Fax: 530-757-5321
E-mail: nutrition@djUSD.k12.ca.us
Harper JH Kitchen
Phone: 530-757-5330 X206

Breakfast Meals \$2.00
 If you qualify for free or reduced-price lunch you also qualify for free or reduced-price breakfast.
 Entrees listed are served with a choice of hash brown potato or fresh fruit, or chilled fruit and choice of skim or 1% white or chocolate milk. Bread basket available daily also.

Pancake or French Toast or Waffles
 with Syrup

Bagels or Jumbo Soft Pretzel
 with Cream Cheese or Peanut Butter

Breakfast Burrito
 With Egg, Cheese and Sausage

Whole Grain Cinnamon Roll or Muffin

Assorted Cereals or Granola bar

Yogurt



A la carte items meet Federal and State nutritional guidelines for calories, fat and sugar.



Breakfast a la Carte

- String Cheese/ Hard-boiled Egg .50
- Assorted Bagels .75
 Cream Cheese or Cheese Sauce50
- Granola Bar .75
- Jumbo Soft Pretzel 1.00
- Whole Grain Cinnamon Roll 1.00
- Assorted Muffins (3.5 oz) 1.50
- Egg, Sausage & Cheese Burrito 1.50
- Assorted Baked Chips, snacks 1.00

Lunch a la Carte

- Taco Nada 2.00
- Chicken & Rice Burrito 2.00
- Pepperoni Pizza Pocket 2.00
- Bean & Cheese Burrito 2.00
- Baked Chips & Snacks 1.00



Beverages & others
 Available all meal times

- Milk White or chocolate .35
- Bottled Water 1.00
- 100% Juice, 6 oz  .50
- Fresh Whole Fruit .50
- Yogurt .50
- Sports Drinks 1.00
- Slurpy 1.50
- Canned Drinks 1.00

Vegetarian Entrees
 Please pre-order these items 3-days in advance.

- Eggplant with Asian flavors & sweet basil.
- Sweet Pepper, Mushroom, and Basil Omelette
- Frittata of Mixed Summer Squash

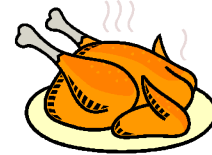
Lunch Meals
 Entrees are served with a choice of vegetable salad, fresh fruit or chilled fruit or fruit juice, raisins and choice of skim or 1% white or chocolate milk. Bread basket available daily also.

- Pizza Slice 3.50
- Burrito 3.50
- Chicken Patty Sandwich 3.50
- Deli Sub or Veggie Sandwich 3.50
- Breakfast for Lunch 3.50
- Polish Dog with Fries 3.50

Delicious From Scratch Chef's Specials
 Describe the items in this category. In this category, you may want to list the beverages that you offer.



- Baked Chicken with fresh herbs and local whipped potatoes 3.75
- Chicken Teriyaki with organic rice and vegetables 3.75
- Chicken Rotini Pasta with kale, olives and tomatoes 3.75
- Orange Chicken with organic rice 3.75
- Chow Mein Chicken or Vegetable 3.75
- Chicken Fajita 3.75
- Chicken Nachos 3.75
- Chicken Quesadilla 3.75
- Chicken with Mushroom Gravy 4.00
- Thai Chicken Curry 4.00



PIZZA PARTY!
Hawaiian
 Ham, Pineapple, Onions
Cheese
Pepperoni
Grilled Chicken
Hawaiian
 Ham, Pineapple, Onions
Ranch Chicken
 Grilled Chicken with Ranch Dressing
Veggie
 Red, Gold, and Green Bell Pepper, Onions
Chicken Vegetable
 Grilled Chicken, Slices of Gold, Green, and Red Bell Pepper