



Bear Rock Café

at Summerville Union High School

HOURS

REGULAR SCHEDULE:

7:00 a.m. – 7:55 a.m.

9:25 a.m. – 9:40 a.m.

(Closed 11:05 a.m. Break)

12:45 p.m. – 1:30 p.m.



MORNING FAVORITES

~ Select one item from each group for a full breakfast meal. ~

ENTRÉES \$2.25

- Plain or Flavored Bagel w/Cream Cheese
- Assorted Cereals (Hot or Cold) & String Cheese
- Variety of Yoplait Yogurt Parfaits

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### FRUIT ..... \$0.50

- Seasonal Fresh Fruit
- Chilled Fruit Cup

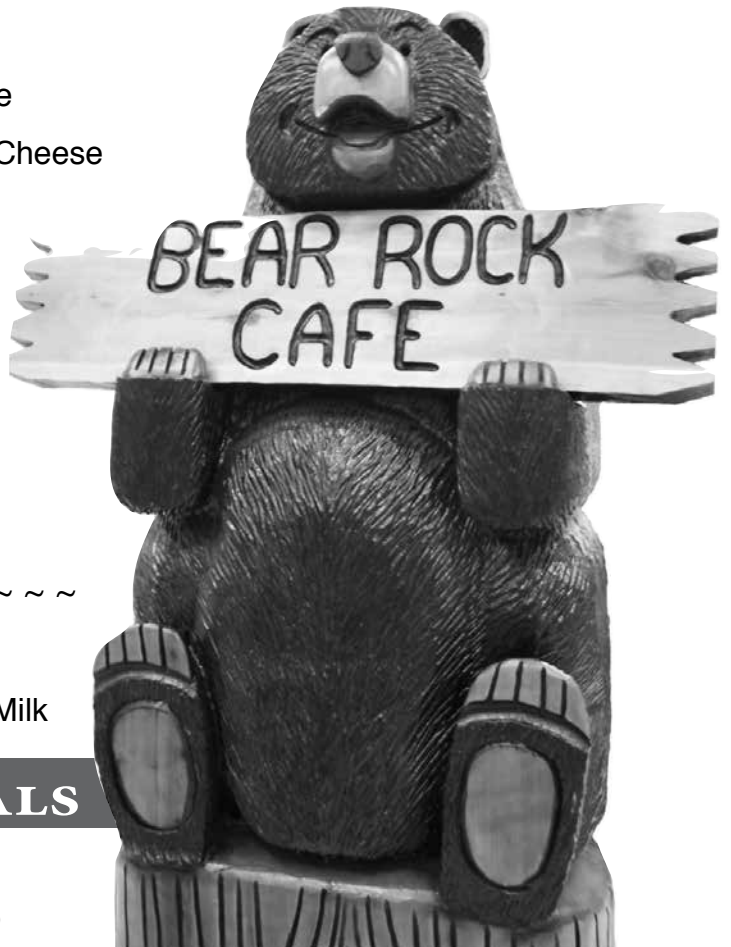
### JUICE ..... \$0.50

- 4 oz. 100% Fruit Juice

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DAIRY \$0.50

- ½ pint of 1% Milk or Non-Fat Chocolate Milk



WEEKLY A.M. SPECIALS

..... \$2.25

- MONDAY – Homemade Breakfast Burrito
- TUESDAY – Breakfast Buffet, Hot Cereal
- WEDNESDAY – Breakfast Sandwich
- THURSDAY – Breakfast Buffet, Hot Cereal
- FRIDAY – Biscuits & Gravy & Sausage

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**Students must take a fruit or juice with breakfast**

**Eligible students may receive breakfast at no cost or the reduced price of \$0.30 and/or lunch at \$0.40.**

Children who receive free or reduced price meals must be treated in the same manner as those students who pay full price for their meals. In the U.S. Dept. of Agriculture's Child Nutrition Program; A child may not be discriminated against because of race, sex, color, national origin, age or handicap. If you believe you or any individuals have been discriminated against, write immediately to Secretary of Agriculture, Washington, D.C. 20250.

# Four Unique Lunch Menus Offered Daily

at Summerville Union High School

## VEGETABLE BAR MENU FULL LUNCH

Vegetable Bar Offered Daily . . . . . \$3.50



## HOT FOOD LUNCH

Served Fresh Daily . . . . . \$3.50

- MONDAY –
- TUESDAY –
- WEDNESDAY –
- THURSDAY –
- FRIDAY –



## SANDWICH MENU

Daily sandwiches include  
two sides and milk . . . . . \$3.50

- MONDAY – Ham / Turkey / Pastrami / Roast Beef Sandwich
- TUESDAY – Deli Sandwich
- WEDNESDAY – Wraps
- THURSDAY – Ham / Turkey / Pastrami / Roast Beef Sandwich
- FRIDAY – Tuna / Egg Salad / Peanut Butter & Jelly Sandwich

## SPECIALS MENU

Daily specials include  
two sides and milk . . . . . \$3.50

- MONDAY – Burritos – Bean & Cheese
- TUESDAY – Chicken Burger (grilled or crispy alternates every other week)
- WEDNESDAY – Variety Pizza
- THURSDAY – Western Burger or Cheese Burger (alternates every other week)
- FRIDAY – BBQ Pork Sandwich

## SELECTED SIDES

- 100% Fruit Juice 4 oz. . . . . \$0.50
- Fruit Cup or Fresh Fruit . . . . . \$0.50
- Celery Sticks & Peanut Butter . . . . . \$0.50
- Vegetable Boat w/ Ranch . . . . . \$0.75
- Baby Carrots w/ Ranch . . . . . \$0.75
- Potato Wedges / Fries / Tator Tots . . . \$1.00
- Small Salad . . . . . \$1.00

**STUDENTS – PLEASE SELECT FROM ONE OF THE ABOVE MENUS.**

ALL MENUS INCLUDE YOUR CHOICE OF MILK: 1% WHITE OR NON-FAT CHOCOLATE. • Menu subject to change without notice •



Enjoy  
Good Eats  
at the  
Bear Rock Café

Ready to Serve You  
With a Smile!

*Students must take a fruit or vegetable with lunch.  
No charging over \$5.00 Please.*