

Agora Hills School District

# Monday

## Breakfast Menu



### Mega - Monday Breakfast Burrito

*Fluffy scrambled eggs mixed with a melted, and creamy blend of Mexican cheeses, amongst crumbly, chopped, thick-cut, smoked bacon bits, and garden fresh, diced Pico de Gallo; crisp onions, sun-ripened tomatoes, flavorful jalapenos, and diced cilantro, all wrapped in a warm, 12 inch grilled flour tortilla. Garnished with a fresh sprig of cilantro.*

### Belgium Royalty Waffles

*Crispy, and crunchy on the outside, warm and toasty on the inside, 3 inch by 3 inch squares of goodness smothered in rich butter and dripping in thick, sweet, maple syrup. Lightly adorned with a touch of powdered sugar.*

### Hash Browns

*Baker potatoes grated to perfection and decorated with diced, sweet, ripe red and green bell peppers, cooked until crisp and pan fried in rich butter, salt, and fresh cracked black pepper.*

### Mixed Summer Fruits Salad

*Vine ripened, plump and juicy Raspberries and Blackberries tossed lightly with sweet, savory chunks of watermelon and large, sun-kissed purple grapes.*

Kayla Holt, RD

kaylaholt08@gmail.com

(530) 725-8525 1275 Agora Hills Lane, Agora, CA 95688

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Agora Hills School District

***Tuesday***

## ***Breakfast Menu***



### **Texas French Toast**

*Thick and fluffy French toast, coated in a rich egg batter with hints of cinnamon, nutmeg and vanilla baked to form a crisp toast like crust and a warm and airy center. Each piece is drenched in creamy butter and thick, sweet, maple syrup. Lightly adorned with a touch of powdered sugar.*

### **Cheesy Egg Scramble**

*A warm blend of scrambled eggs among a cheesy mixture of shaved parmesan cheese, and fresh cooked spinach, with lightly salted, yet sweet honey bites of ham. Garnished with a curled ribbon or rich and sharp parmesan cheese and basil.*

### **Red Potato Hash Browns**

*Roasted red potatoes cooked to perfection and seasoned with fresh herbs; rosemary, thyme and basil, cooked until crisp and roasted in rich olive oil, salt, and fresh cracked black pepper. Garnished with a sprinkle of diced green onions.*

### **Citrus Salad**

*Thick, juicy slices of California, oranges, and slightly sour grape fruit chunks, garnished with a bit of orange rind.*

### **Meats Meet**

*All entrees come with your choice of 2 sausages, or 2 strips of bacon.*

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Agora Hills School District

# *Wednesday*

## *Breakfast Menu*



### **Sunny's Side Breakfast Sandwich**

*This light, airy and flaky home-made baked biscuit with an over-hard fried egg lightly seasoned with fresh cracked black pepper and sea salt, on a thick and juicy sausage patty is sure to keep you full. Garnished with a fresh orange wedge.*

### **Garden Omelet**

*This 2 egg omelet is stuffed with garden fresh vegetables. Sauteed broccoli and flavorful onions with strips of crisp, sweet, red and yellow bell peppers all melted together with a creamy and rich mozzarella cheese. This Garden Omelet comes garnished with fresh Pico de Gallo.*

### **Melon Salad**

*Ripe, sweet and juicy Watermelon with picked at it's peak Honeydew melon and fresh, crisp and delectable cantaloupe, all chopped in to bite sized pieces and garnished with a dollop of our Vanilla Bean yogurt.*

### **Meats Meet**

*All entrees come with your choice of 2 sausages, or 2 strips of bacon.*

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# Monday

## Lunch Menu

### 7 Bean Chili Bowl



*A thick and rich corn bread bowl filled with a slow cooked 7 bean Chili. This combination of dark and light Kidney, Black, Pinto, Chili, Navy, and White beans is a hearty meal. Our Chili Bowl comes topped with a rich and tart sour cream as well as a few garnished jalapeno rings for a touch of color.*

### Me-no-Pest-o Wrap

*Deli thick sliced turkey with fresh cucumber slices, garden fresh tomatoes, and dark leafy green lettuce with a slice of creamy Havarti cheese comes all wrapped up in a sun dried tomatoes 12 inch wrap that is spread with a heavy hand and our olive oil based pesto sauce. Garnished with a few avocado slices.*

### Pick Your Fruit

*Every entrée comes with your choice of a crisp Fuji Apple, a ripe Banana, or a lusciously juicy California grown Orange.*

### Veggie Spears

*All entrees come with a healthy serving of veggies. We offer thick, and crunchy carrot sticks along with spears of English Cucumbers and your choice of dipping sauce; Buttermilk Ranch or Blue Cheese.*

### Dessert

*Our lunch entrees are complimented with a fresh baked Oatmeal Chocolate-Chip Cookie.*

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# *Tuesday*

## *Lunch Menu*



### **Pulled Pork Honey BBQ Sandwich**

*Our sandwich is slow cooked with rich, thick, smoked honey barbeque flavor and is combined with savory, shredded pork, and is surrounded by melted white cheddar cheese and served on a sourdough bun. This sandwich is garnished with a bread and butter pickle spear.*

### **Tostada Taco Salad**

*Crispy, and crunchy on the outside, warm and toasty our 12 inch flour tortilla is baked into a shell and filled with seasoned black beans, caramelized onions, diced red, green, and yellow bell peppers, a creamy mixture of Mexican cheeses, and topped with spring garden green baby lettuces. Our salad is garnished with a cool and creamy sour cream.*

### **Bumps on a Log**

*Every entrée comes paired with a 5 of our 3 inch crisp celery sticks and a dab of peanut butter and garnished this a handful of sun-ripened raisins.*

### **Pick Your Fruit**

*Every entrée comes with your choice of a crisp Fuji Apple, a ripe Banana, or a halved sweet and juicy, peeled kiwi fruit.*

### **Dessert**

*Our lunch entrees are complimented with a fresh baked Snicker-doodle Bar Cookie.*

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# Wednesday

## Lunch Menu

### Sweet and Sour Delight



*Sweet and sour coated white meat chicken pieces, tossed with sliced green bell peppers, sweet pineapple chunks and crunchy celery pieces all pan fried to create a sweet and sour dish. This entrée is served on a bed of steamed, long grain, brown rice.*

### Sub Sandwich

*Build your own deep sub sandwich on our self serve bar. This bar is stocked with fresh tomatoes, lettuce leaves, rings of onions, sliced pickles, diced olives, mustards, mayo, pesto, oil and vinegar and salt and pepper. Our meat variety is a deli sliced Roasted Turkey or a Honey Baked Ham. Your choice of cheese, cheddar, Swiss, havarti or pepper jack.*

### Slaw

*Thinly sliced red, green, and purple cabbage make a colorful slaw when paired with grated carrots and garnished with raisins in our home made dressing.*

### Mixed Fruit Salad

*Sun ripened, plump and juicy orange chunks paired with crisp Fuji apple slices and bite sized, sweet pineapple pieces garnished with a twisted orange peel.*

### Dessert

*Chocolaty, rich and gooey fudge brownies garnished with fresh raspberries.*

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