

ABOUT US

The LunchMaster is a family owned company that has been serving schools in Northern California for over 20 years. We strive to provide traditional home-cooked taste that kid's love, while also using healthy ingredients.

Melissa Manning, our Registered Dietitian specializes in child nutrition to help us plan our menus. She particularly enjoys making food both healthy and fun.

At **The LunchMaster**, we uphold the highest nutritional standards published by the USDA and the American Dietetics Association. We monitor calories, sugar, fat, vitamins, and minerals. Not only do we care about your child's health – we also care about our community, so all our packaging is biodegradable and 100% compostable.

simplifying lunch



ABOUT OUR FOOD

- **LunchMaster** meals are scratch cooked and made fresh daily
- High in Whole Grains, reduced sugars, and no trans fat
- Organic Lettuce and Vegetables whenever possible
- All Natural beef products
- 100% natural, nitrate free hot dogs from Coleman
- Hormone and antibiotic free meats & nitrate free deli meats
- Tillamook Cheddar & an assortment of All Natural cheese
- Barilla plus Pasta (a whole grain source of fiber, protein, and vital ALA Omega-3s)

CHICKEN CEASER SALAD



A time honored tradition! Chopped local organic romaine lettuce, garlic herb croutons tossed with our herb roasted chicken breast and a creamy lite Caesar dressing. Topped with cracked pepper and grated imported parmesan cheese

SURIMI SUSHI



Imitation crab salad with creamy mayo and spices, in a nori (seaweed) wrapper, includes one cup of healthy brown rice and a half cup of edamame, with toasted sesame seeds

ABOUT OUR MENUS

Each meal includes a fresh fruit, vegetable, snack, and a choice of nonfat chocolate milk, 1% low fat white milk, orange juice, or water.

- Meals are offered Monday—Friday
- We offer at least 14 healthy meal choices a day
- Vegan and Gluten-free meals offered daily
- Lunch meals are \$4.95

Below are some examples of meals that are offered on our menu:

- Chicken Parmesan with Pasta
- Mac and Cheese, White Beans
- Pesto Chicken over Pasta
- Teriyaki Chicken Rice Bowl
- Chicken Nuggets (5pcs), Rice Pilaf
- Italian Meatball Sandwich
- Asian Chicken Salad
- California Roll Sushi, Rice, and Edamame

Ordering your child's meals has never been easier!

- Next day ordering convenience
- Meal imagery and nutritional information
- Allergen and sensitivity tracker

Register and order your meals now at www.thelunchmaster.com using "stdunstan" as your school code!