



K-8 SCHOOL MENU

WEEK 1: 8/26, 9/9, 9/23, 10/7, 10/21
WEEK 2: 8/19, 9/2, 9/16, 9/30, 10/14, 10/28

BREAKFAST INCLUDES ASSORTED: FRUIT, 100% FRUIT JUICE, GRAHAM CRACKERS (PAIRED WITH PARFAITS/CEREAL), & MILK
LUNCH INCLUDES ASSORTED: FRUIT, VEGETABLES, & MILK (100% FRUIT JUICE SERVED AT INTERMEDIATE ONLY*)



MON	TUE	WED <small>ALL ITEMS ARE PLANT-BASED ON WEDNESDAYS</small>	THU	FRI
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1ST WEEK OF SCHOOL WILL FOLLOW A MODIFIED MENU- PLEASE SEE INTERACTIVE MENUS ONLINE FOR DETAILS

SAUSD SUPPORTS LOCAL CALIFORNIA FAMILY FARMS. SELECT FRIDAYS WILL FEATURE FARM FRESH PRODUCE.



MODIFIED WEEK 1

12
BREAKFAST
Pan Dulce (Concha) 🍞
Honey Cheerios, 1oz

LUNCH
Ham & Cheese Sandwich
PB&J Sandwich

SUPPER
Mini Muffin Kit*

13
BREAKFAST
Chocolate Chip Muffin Top 🍞
Yogurt Parfait
with Assorted Grahams

LUNCH
Chicken Nuggets w/ Carrots
Grilled Cheese Sandwich

SUPPER
Turkey & Cheese Sandwich*

14
BREAKFAST
French Toast Sticks
Trix Cereal, 1oz
with Assorted Grahams

LUNCH
Kickin' Nuggets w/ Corn
Kickin' Sandwich
Artisan Roll

SUPPER
PB&J Sandwich*

15
BREAKFAST
Blueberry Muffin Top 🍞
Yogurt Parfait
with Assorted Grahams

LUNCH
Shredded Beef Burrito
Beef Taco Stick

SUPPER
Chicken Taco Salad*

16
BREAKFAST
Cinnamon Rolls 🍞
Yogurt Parfait
with Assorted Grahams

LUNCH
Galaxy Cheese Pizza
Galaxy Pepperoni Pizza

SUPPER
Pretzel Snack Kit*

WEEK 2

19
BREAKFAST
Pan Dulce (Elote)
Honey Cheerios, 1oz
Yogurt Parfait 🍞

LUNCH
Corn Dog
Bean & Cheese Pupusa

SUPPER
Mini Muffin Kit*

20
BREAKFAST
French Toast Bites 🍞
Cinn. Toast Cereal Bar, 1oz
Yogurt Parfait 🍞

LUNCH
Torta de Jamon
Bean & Cheese Empanada

SUPPER
Ham & Cheese Sandwich*

21
BREAKFAST
Horchata Overnight Oats 🍞
Bagel w/ Jam
Trix Cereal, 1oz

LUNCH
Veggie Dumplings 🍞
Strawberry PBJ Sandwich

SUPPER
PB&J Sandwich*

22
BREAKFAST
Cinnamon Bread 🍞
Cocoa Puffs Cereal Bar, 1oz
Yogurt Parfait 🍞

LUNCH
Nachos 🍞
Max Cheese Sticks

SUPPER
Turkey & Cheese Snack Kit*

23
BREAKFAST
Breakfast Tamale
Chocolate Chip Muffin Top 🍞
Yogurt Parfait 🍞

LUNCH
Orange Chicken & Rice Bowl 🍞
Galaxy Cheese Pizza

SUPPER
Pretzel Snack Kit*

WEEK 1

26
BREAKFAST
Pan Dulce (Concha)
Honey Cheerios, 1oz
Yogurt Parfait 🍞

LUNCH
Mac & Cheese
Breaded Chicken Drumstick
Artisan Roll

SUPPER
Mini Muffin Kit*

27
BREAKFAST
Pancakes Bites 🍞
Cinn. Toast Cereal Bar, 1oz
Yogurt Parfait 🍞

LUNCH
Chicken Enchiladas 🍞
Grilled Cheese Sandwich

SUPPER
Turkey & Cheese Sandwich*

28
BREAKFAST
Horchata Overnight Oats 🍞
French Toast Sticks
Trix Cereal, 1oz

LUNCH
Chow Mein Bowl 🍞
Strawberry PBJ Sandwich

SUPPER
PB&J Sandwich*

29
BREAKFAST
Banana Choc. Chip Bread 🍞
Cocoa Puffs Cereal Bar, 1oz
Yogurt Parfait 🍞

LUNCH
Crunchy Tacos 🍞
Italian Pull-Aparts with Cheese

SUPPER
Chicken Taco Salad*

30
BREAKFAST
Froot Loops Waffle
Cinnamon Rolls 🍞
Yogurt Parfait 🍞

LUNCH
Hamburger 🍞 or Cheeseburger
Galaxy Cheese Pizza

SUPPER
Pretzel Snack Kit*

WEEK 2

2
LABOR DAY 🌟🌟🌟🌟

3
BREAKFAST
French Toast Bites 🍞
Cinn. Toast Cereal Bar, 1oz
Yogurt Parfait 🍞

LUNCH
Torta de Jamon
Bean & Cheese Empanada

SUPPER
Mini Muffin Kit*

4
BREAKFAST
Horchata Overnight Oats 🍞
Bagel w/ Jam
Trix Cereal, 1oz

LUNCH
Veggie Dumplings 🍞
Strawberry PBJ Sandwich

SUPPER
PB&J Sandwich*

5
BREAKFAST
Cinnamon Bread 🍞
Cocoa Puffs Cereal Bar, 1oz
Yogurt Parfait 🍞

LUNCH
Nachos 🍞
Max Cheese Sticks

SUPPER
Turkey & Cheese Snack Kit*

6
BREAKFAST
Breakfast Tamale
Chocolate Chip Muffin Top 🍞
Yogurt Parfait 🍞

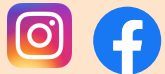
LUNCH
Orange Chicken & Rice Bowl 🍞
Galaxy Cheese Pizza

SUPPER
Pretzel Snack Kit*

= **HOMEMADE ELEMENTS**

*TUESDAYS AFTER A HOLIDAY WILL FOLLOW MONDAY MENU

*All cereals are Reduced Sugar: ≤6 grams



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