



K-8 SCHOOL MENU



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

WEEK 1

MON

DEC 30

**WINTER RECESS
12/23-1/3**

TUE

DEC 31

**WINTER RECESS
12/23-1/3**

WED

ALL ITEMS ARE PLANT-BASED
ON WEDNESDAYS

1

**WINTER RECESS
12/23-1/3**

THU

2

**WINTER RECESS
12/23-1/3**

FRI

3

**WINTER RECESS
12/23-1/3**

WEEK 2

6

BREAKFAST
Honey Cheerios, 1oz

LUNCH
Corn Dog
Bean & Cheese Pupusa

SUPPER
Mini Muffin Kit*

7

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

LUNCH
Hot Dog
Bean & Cheese Empanada

SUPPER
Mini Muffin Kit*

8

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

LUNCH
Kickin' Sandwich
Strawberry PBJ Sandwich

SUPPER
PB&J Sandwich*

9

BREAKFAST
Apple Cinnamon Bread 🍷
Cocoa Puffs Cereal Bar, 1oz
Yogurt Parfait 🍷

LUNCH
Nachos 🍷
Galaxy Cheese Pizza

SUPPER
Turkey & Cheese Snack Kit*

10

BREAKFAST
Breakfast Tamale 🍷
Chocolate Chip Muffin Top 🍷
Yogurt Parfait 🍷

LUNCH
Teriyaki Chicken & Rice Bowl 🍷
Max Sticks

SUPPER
Pretzel Snack Kit*

WEEK 1

13

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

LUNCH
Mac & Cheese
Breaded Chicken Drumstick
Dinner Roll

SUPPER
Mini Muffin Kit*

14

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

LUNCH
Chicken Enchiladas 🍷
Grilled Cheese Sandwich

SUPPER
Turkey & Cheese Sandwich*

15

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

LUNCH
Kickin' Nuggets w/ Corn 🍷
Strawberry PBJ Sandwich

SUPPER
PB&J Sandwich*

16

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

LUNCH
Crunchy Tacos 🍷
Italian Pull-Aparts with
Cheese

SUPPER
Chicken Taco Salad*

17

BREAKFAST
Egg Scramble w/ Roll
Cinnamon Rolls 🍷
Yogurt Parfait 🍷

LUNCH
Hamburger 🍷 or Cheeseburger 🍷
Galaxy Cheese Pizza

SUPPER
Pretzel Snack Kit*

WEEK 2

20

MLK DAY 1/20

21

BREAKFAST
Pan Dulce (Concha)
Honey Cheerios, 1oz

LUNCH
Corn Dog
Bean & Cheese Pupusa

SUPPER
Mini Muffin Kit*

22

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

LUNCH
Kickin' Sandwich
Strawberry PBJ Sandwich

SUPPER
PB&J Sandwich*

23

BREAKFAST
Apple Cinnamon Bread 🍷
Cocoa Puffs Cereal Bar, 1oz
Yogurt Parfait 🍷

LUNCH
Nachos 🍷
Galaxy Cheese Pizza

SUPPER
Turkey & Cheese Snack Kit*

24

BREAKFAST
Breakfast Tamale 🍷
Chocolate Chip Muffin Top 🍷
Yogurt Parfait 🍷

LUNCH
Teriyaki Chicken & Rice Bowl 🍷
Max Sticks

SUPPER
Pretzel Snack Kit*

WEEK 1

27

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

LUNCH
Mac & Cheese
Breaded Chicken Drumstick
Dinner Roll

SUPPER
Mini Muffin Kit*

28

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

LUNCH
Chicken Enchiladas 🍷
Grilled Cheese Sandwich

SUPPER
Turkey & Cheese Sandwich*

29

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

LUNCH
Kickin' Nuggets w/ Corn 🍷
Strawberry PBJ Sandwich

SUPPER
PB&J Sandwich*

30

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

LUNCH
Crunchy Tacos 🍷
Italian Pull-Aparts with
Cheese

SUPPER
Chicken Taco Salad*

31

BREAKFAST
Egg Scramble w/ Roll
Cinnamon Rolls 🍷
Yogurt Parfait 🍷

LUNCH
Hamburger 🍷 or Cheeseburger 🍷
Galaxy Cheese Pizza

SUPPER
Pretzel Snack Kit*



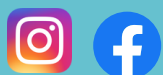
SAUSD SUPPORTS
LOCAL CALIFORNIA
FAMILY FARMS.
SELECT DAYS WILL
FEATURE FARM
FRESH PRODUCE.



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