

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

MON	TUE	WED	THU	FRI
ALL ITEMS ARE PLANT-BASED ON WEDNESDAYS				
BREAKFAST OCT 28 Pan Dulce (Elote) Honey Cheerios, 1oz Yogurt Parfait LUNCH Corn Dog Bean & Cheese Pupusa SUPPER Mini Muffin Kit*	BREAKFAST OCT 29 French Toast Bites Cinn. Toast Cereal Bar, 1oz Yogurt Parfait LUNCH Shredded Beef Burrito Bean & Cheese Empanada SUPPER Ham & Cheese Sandwich*	BREAKFAST OCT 30 Horchata Overnight Oats Bagel w/ Jam Trix Cereal, 1oz LUNCH Veggie Dumplings Strawberry PBJ Sandwich SUPPER PB&J Sandwich*	BREAKFAST OCT 31 Cinnamon Bread Cocoa Puffs Cereal Bar, 1oz Yogurt Parfait LUNCH Nachos Max Cheese Sticks SUPPER Turkey & Cheese Snack Kit*	STUDENT FREE DAY: TK-12
BREAKFAST 4 Pan Dulce (Concha) Honey Cheerios, 1oz LUNCH Mac & Cheese Breaded Chicken Drumstick Dinner Roll SUPPER Mini Muffin Kit*	BREAKFAST 5 Pancakes Bites Cinn. Toast Cereal Bar, 1oz Yogurt Parfait LUNCH Chicken Enchiladas Grilled Cheese Sandwich SUPPER Turkey & Cheese Sandwich*	BREAKFAST 6 Horchata Overnight Oats French Toast Sticks Trix Cereal, 1oz LUNCH Chow Mein Bowl Strawberry PBJ Sandwich SUPPER PB&J Sandwich*	BREAKFAST 7 Banana Choc. Chip Bread Cocoa Puffs Cereal Bar, 1oz Yogurt Parfait LUNCH Crunchy Tacos Italian Pull-Aparts with Cheese SUPPER Chicken Taco Salad*	BREAKFAST 8 Froot Loops Waffle Cinnamon Rolls Yogurt Parfait LUNCH Hamburger or Cheeseburger Galaxy Cheese Pizza SUPPER Pretzel Snack Kit*
11 VETERANS DAY	BREAKFAST 12 Pan Dulce (Elote) Honey Cheerios, 1oz. LUNCH Corn Dog Bean & Cheese Pupusa SUPPER Ham & Cheese Sandwich*	BREAKFAST 13 Bagel w/ Jam Trix Cereal, 1oz LUNCH Veggie Dumplings Strawberry PBJ Sandwich SUPPER PB&J Sandwich*	BREAKFAST 14 Pumpkin Bread Cocoa Puffs Cereal Bar, 1oz Yogurt Parfait LUNCH Special Thanksgiving Menu! Chicken Tamale Cheese Tamale SUPPER Turkey & Cheese Snack Kit*	BREAKFAST 15 Chocolate Chip Muffin Top Yogurt Parfait LUNCH Orange Chicken & Rice Bowl Mini Pizza Bites SUPPER Pretzel Snack Kit*
STUDENT FREE DAY: Elementary Only BREAKFAST 18 Pan Dulce (Concha) Honey Cheerios, 1oz Yogurt Parfait LUNCH Mac & Cheese Breaded Chicken Drumstick Dinner Roll SUPPER Mini Muffin Kit*	BREAKFAST 19 Pancakes Bites Cinn. Toast Cereal Bar, 1oz Yogurt Parfait LUNCH Chicken Enchiladas Grilled Cheese Sandwich SUPPER Turkey & Cheese Sandwich*	BREAKFAST 20 Horchata Overnight Oats French Toast Sticks Trix Cereal, 1oz LUNCH Kickin' Nuggets w/ Corn Strawberry PBJ Sandwich SUPPER PB&J Sandwich*	BREAKFAST 21 Banana Choc. Chip Bread Cocoa Puffs Cereal Bar, 1oz Yogurt Parfait LUNCH Crunchy Tacos Italian Pull-Aparts with Cheese SUPPER Chicken Taco Salad*	BREAKFAST 22 Froot Loops Waffle Cinnamon Rolls Yogurt Parfait LUNCH Hamburger or Cheeseburger Galaxy Cheese Pizza SUPPER Pretzel Snack Kit*
25 THANKSGIVING BREAK: 11/25-11/29	26 THANKSGIVING BREAK: 11/25-11/29	27 THANKSGIVING BREAK: 11/25-11/29	28 HAPPY THANKSGIVING	29 THANKSGIVING BREAK: 11/25-11/29



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



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***All cereals are Reduced Sugar: ≤6 grams**

Menu is subject to change without notice. This institute is an equal opportunity provider.