



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

K-8 SCHOOL MENU



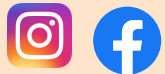
BREAKFAST INCLUDES ASSORTED: FRUIT, 100% FRUIT JUICE, GRAHAM CRACKERS (PAIRED WITH PARFAITS/CEREAL), & MILK
LUNCH INCLUDES ASSORTED: FRUIT, VEGETABLES, & MILK (100% FRUIT JUICE AT INTERMEDIATE ONLY*)

	MON	TUE	WED	THU	FRI
			ALL ITEMS ARE PLANT-BASED ON WEDNESDAYS		
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*
WEEK 1	9 BREAKFAST Pan Dulce (Concha) Honey Cheerios, 1oz Yogurt Parfait 🍷 LUNCH Mac & Cheese Breaded Chicken Drumstick Artisan Roll SUPPER Mini Muffin Kit*	10 BREAKFAST Pancakes Bites 🍷 Cinn. Toast Cereal Bar, 1oz Yogurt Parfait 🍷 LUNCH Chicken Enchiladas 🍷 Grilled Cheese Sandwich SUPPER Turkey & Cheese Sandwich*	11 BREAKFAST Horchata Overnight Oats 🍷 French Toast Sticks Trix Cereal, 1oz LUNCH Chow Mein Bowl 🍷 Strawberry PBJ Sandwich SUPPER PB&J Sandwich*	12 BREAKFAST Banana Choc. Chip Bread 🍷 Cocoa Puffs Cereal Bar, 1oz Yogurt Parfait 🍷 LUNCH Crunchy Tacos 🍷 Italian Pull-Aparts with Cheese SUPPER Chicken Taco Salad*	13 BREAKFAST Froot Loops Waffle Cinnamon Rolls 🍷 Yogurt Parfait 🍷 LUNCH Hamburger 🍷 or Cheeseburger 🍷 Galaxy Cheese Pizza SUPPER Pretzel Snack Kit*
WEEK 2	16 BREAKFAST Pan Dulce (Elote) Honey Cheerios, 1oz Yogurt Parfait 🍷 LUNCH Corn Dog Bean & Cheese Pupusa SUPPER Mini Muffin Kit*	17 BREAKFAST French Toast Bites 🍷 Cinn. Toast Cereal Bar, 1oz Yogurt Parfait 🍷 LUNCH Torta de Jamon Bean & Cheese Empanada SUPPER Ham & Cheese Sandwich*	18 BREAKFAST Horchata Overnight Oats 🍷 Bagel w/ Jam Trix Cereal, 1oz LUNCH Veggie Dumplings 🍷 Strawberry PBJ Sandwich SUPPER PB&J Sandwich*	19 BREAKFAST Cinnamon Bread 🍷 Cocoa Puffs Cereal Bar, 1oz Yogurt Parfait 🍷 LUNCH Nachos 🍷 Max Cheese Sticks SUPPER Turkey & Cheese Snack Kit*	20 BREAKFAST Breakfast Tamale Chocolate Chip Muffin Top 🍷 Yogurt Parfait 🍷 LUNCH Orange Chicken & Rice Bowl Galaxy Cheese Pizza SUPPER Pretzel Snack Kit*
WEEK 1	23 BREAKFAST Pan Dulce (Concha) Honey Cheerios, 1oz Yogurt Parfait 🍷 LUNCH Mac & Cheese Breaded Chicken Drumstick Artisan Roll SUPPER Mini Muffin Kit*	24 BREAKFAST Pancakes Bites 🍷 Cinn. Toast Cereal Bar, 1oz Yogurt Parfait 🍷 LUNCH Chicken Enchiladas 🍷 Grilled Cheese Sandwich SUPPER Turkey & Cheese Sandwich*	25 BREAKFAST Horchata Overnight Oats 🍷 French Toast Sticks Trix Cereal, 1oz LUNCH Chow Mein Bowl 🍷 Strawberry PBJ Sandwich SUPPER PB&J Sandwich*	26 BREAKFAST Banana Choc. Chip Bread 🍷 Cocoa Puffs Cereal Bar, 1oz Yogurt Parfait 🍷 LUNCH Crunchy Tacos 🍷 Italian Pull-Aparts with Cheese SUPPER Chicken Taco Salad*	27 BREAKFAST Froot Loops Waffle Cinnamon Rolls 🍷 Yogurt Parfait 🍷 LUNCH Hamburger 🍷 or Cheeseburger 🍷 Galaxy Cheese Pizza SUPPER Pretzel Snack Kit*
WEEK 2	30 BREAKFAST Pan Dulce (Elote) Honey Cheerios, 1oz Yogurt Parfait 🍷 LUNCH Corn Dog Bean & Cheese Pupusa SUPPER Mini Muffin Kit*	OCT 1 BREAKFAST French Toast Bites 🍷 Cinn. Toast Cereal Bar, 1oz Yogurt Parfait 🍷 LUNCH Torta de Jamon Bean & Cheese Empanada SUPPER Ham & Cheese Sandwich*	OCT 2 BREAKFAST Horchata Overnight Oats 🍷 Bagel w/ Jam Trix Cereal, 1oz LUNCH Veggie Dumplings 🍷 Strawberry PBJ Sandwich SUPPER PB&J Sandwich*	OCT 3 BREAKFAST Cinnamon Bread 🍷 Cocoa Puffs Cereal Bar, 1oz Yogurt Parfait 🍷 LUNCH Nachos 🍷 Max Cheese Sticks SUPPER Turkey & Cheese Snack Kit*	SAUSD SUPPORTS LOCAL CALIFORNIA FAMILY FARMS. SELECT DAYS WILL FEATURE FARM FRESH PRODUCE.



*TUESDAYS AFTER A HOLIDAY WILL FOLLOW MONDAY MENU

*All cereals are Reduced Sugar: ≤6 grams



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