

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



**OCTOBER** 

2024

## PRE-K/TODDLER

BREAKFAST & LUNCH INCLUDES: ASSORTED FRUIT, VEGETABLES, GRAHAM CRACKERS (PAIRED WITH PARFAITS/CEREAL), & 1% WHITE MIL

BREAKFAST & LUNCH INCLUDES: ASSORTED FRUIT, VEGETABLES, GRAHAM CRACKERS (PAIRED WITH PARFAITS/CEREAL), & 1% WHITE MILK  SNACKS ARE PROVIDED TO FULL-DAY STUDENTS & ALWAYS SERVED WITH 1% WHITE MILK					
	MON	TUE	ALL ITEMS ARE PLANT-BASED ON WEDNESDAYS	THU	FRI
2	SEPT 30 BREAKFAST Yogurt Parfait 🐨 with Assorted Grahams	BREAKFAST 1 French Toast Bites	BREAKFAST 2 Bagel w/ Jam	BREAKFAST 3 Cinnamon Bread	BREAKFAST 4 Breakfast Tamale
WEEK	LUNCH Bean & Cheese Pupusa	LUNCH Shredded Beef Burrito	LUNCH Veggie Dumplings 🚡	Nachos Cheez It Crackers	LUNCH Galaxy Cheese Pizza
	snack <b>Strawberry Waffle Graham</b>	snack <b>Apple Cinn. Bear Graham</b>	snack <b>Vanilla Bear Graham</b>	SNACK Chocolate Bear Graham	SNACK <b>Maple Waffle Graham</b>
- -	BREAKFAST 7  Honey Cheerios, loz with Assorted Grahams	BREAKFAST 8  Pancakes Bites 😁	9 BREAKFAST Trix Cereal, loz with Assorted Grahams	BREAKFAST 10 Banana Choc. Chip Bread	BREAKFAST 11 Froot Loops Waffle
WEEK	LUNCH Mac & Cheese Artisan Roll	LUNCH <b>Grilled Cheese Sandwich</b>	LUNCH Chow Mein Bowl 😇	LUNCH Italian Pull-Aparts with Cheese	LUNCH Hamburger 🎳
	SNACK Strawberry Waffle Graham	SNACK <b>Heart Pretzels</b>	snack <b>Vanilla Bear Graham</b>	snack Colors Goldfish	SNACK  Maple Waffle Graham
7	RATIONAL SCHOOL  BREAKFAST  Yogurt Parfait  with Assorted Grahams	LUNCH WEEK OCTOBER 14-18 N. BREAKFAST 15 French Toast Bites	TIONAL SCHOOL LUNCH WEEK OCTOBER 14 BREAKFAST 16 Bagel w/ Jam	-18 NATIONAL SCHOOL LUNCH BREAKFAST 17 Cinnamon Bread-	BREAKFAST 18 Breakfast Tamale
WEEK	LUNCH Bean & Cheese Pupusa	LUNCH Bean & Cheese Empanada	LUNCH <b>Veggie Dumplings <del>"</del></b>	LUNCH  Mini Chicken & Waffles	LUNCH  Mini Pizza Bites
	SNACK Strawberry Waffle Graham	snack <b>Heart Pretzels</b>	SNACK <b>Vanilla Bear Graham</b>	SNACK <b>Colors Goldfish</b>	snack <b>Maple Waffle Graham</b>
-	BREAKFAST 21 Honey Cheerios, loz with Assorted Grahams	BREAKFAST 22 Pancakes Bites 🔠	BREAKFAST 23 Trix Cereal, loz with Assorted Grahams	BREAKFAST 24 Banana Choc. Chip Bread 🚡	BREAKFAST 25 Froot Loops Waffle
WEE	LUNCH Mac & Cheese Artisan Roll	LUNCH <b>Grilled Cheese Sandwich</b>	LUNCH Chow Mein Bowl 😇	LUNCH Italian Pull-Aparts with Cheese	Hamburger 🔓
	SNACK <b>Strawberry Waffle Graham</b>	snack <b>Heart Pretzels</b>	SNACK <b>Vanilla Bear Graham</b>	SNACK Colors Goldfish	SNACK  Maple Waffle Graham
EK 2	28 BREAKFAST Yogurt Parfait 😇 with Assorted Grahams	BREAKFAST French Toast Bites	30 BREAKFAST <b>Bagel w/ Jam</b>	BREAKFAST Pumpkin Bread	BREAKFAST  Honey Cheerios  with Assorted Grahams
WE	LUNCH  Bean & Cheese Pupusa	LUNCH <b>Shredded Beef Burrito</b>	LUNCH <b>Veggie Dumplings <del>ื่อ</del></b>	LUNCH Halloween Chicken Nuggets Cheez It Crackers	LUNCH Sunbutter Sandwich
	SNACK Strawberry Waffle Graham	SNACK <b>Heart Pretzels</b>	SNACK Vanilla Bear Graham	SNACK Colors Goldfish	SNACK  Maple Waffle Graham
Ĩ	HOMEMADE ELEMENTS	SAUSD SUPPORTS LOCAL CALIFORNIA FAMILY FARMS. SELECT DAYS WILL	Menu Updates	, <b>:::</b> .	*All cereals are Reduced Sugar: ≤6 grams













