

# BREAKFAST

Free Breakfast is available for all Students  
 A complete breakfast meal is two or more items, with one being a fruit choice.  
**Breakfast helps you think better. Start your day right!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO School	3 Breakfast Pizza Cinnamon Toast Cereal/ Trix Cereal Bar  Apple Juice Mixed Fruit & Milk	4 Sausage on a Stick Pop Tart/Trix Cereal Bar  Orange Juice Peaches & Milk	5 Egg Biscuit Tater Tots Apple Cinnamon Cereal/ Fruity Cheerios Bar  Orange Juice Applesauce & Milk	6 Yogurt/ Cocoa Puff Cereal Bar  Cereal  Orange Juice Pineapple & Milk
9 Pancake/Syrup Pop Tart/Cocoa Puff Cereal Bar  Orange Juice Pears & Milk	10 Breakfast Pizza Cinnamon Toast Cereal/ Trix Cereal Bar  Apple Juice Mixed Fruit & Milk	11 Sausage on a Stick Pop Tart/Trix Cereal Bar  Orange Juice Peaches & Milk	12 Egg Biscuit Tater Tots Apple Cinnamon Cereal/ Fruity Cheerios Bar  Orange Juice Applesauce & Milk	13 Yogurt/ Cocoa Puff Cereal Bar  Cereal  Orange Juice Pineapple & Milk
16 Pancake/Syrup Pop Tart/Cocoa Puff Cereal Bar  Orange Juice Pears & Milk	17 Breakfast Pizza Cinnamon Toast Cereal/ Trix Cereal Bar  Apple Juice Mixed Fruit & Milk	18 Sausage on a Stick Pop Tart/Trix Cereal Bar  Orange Juice Peaches & Milk	19 Egg Biscuit Tater Tots Apple Cinnamon Cereal/ Fruity Cheerios Bar  Orange Juice Applesauce & Milk	20 Yogurt/ Cocoa Puff Cereal Bar  Cereal  Orange Juice Pineapple & Milk
23 Pancake/Syrup Pop Tart/Cocoa Puff Cereal Bar  Orange Juice Pears & Milk	24 Breakfast Pizza Cinnamon Toast Cereal/ Trix Cereal Bar  Apple Juice Mixed Fruit & Milk	25 Sausage on a Stick Pop Tart/Trix Cereal Bar  Orange Juice Peaches & Milk	26 Egg Biscuit Tater Tots Apple Cinnamon Cereal/ Fruity Cheerios Bar  Orange Juice Applesauce & Milk	27 Yogurt/ Cocoa Puff Cereal Bar  Cereal  Orange Juice Pineapple & Milk
30 Pancake/Syrup Pop Tart/Cocoa Puff Cereal Bar  Orange Juice Pears & Milk				<b>MENU SUBJECT TO CHANGE</b>



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# San Pasqual Valley Cafeteria

## September 2019

### MAIN EVENT

**Menu items are subject to change.**  
 Weekly vegetable choices include dark green, red/orange, beans/peas (legumes), starchy and "other" vegetables.  
**Fat Free Chocolate (Wed) and Fat Free/1% Low Fat Milk daily**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Baked Chicken Mashed Potatoes Spinach Peaches & Milk	4 Beef Nachos Rice Shredded Lettuce Oranges & Milk	5 Sloppy Joe Fries Corn Mixed Fruit & Milk	6 Tuna Salad Bun Garbanzo Beans Carrots Pineapple & Milk
9 Chili Beans Corn Muffin Salad Pears & Milk  Dominos Pizza	10 Tostada Corn Shredded Lettuce Peaches & Milk	11 Orange Chicken Rice Salad Orange & Milk	12 Grilled Cheese Fries Spinach Mixed Fruit & Milk	13 Tuna Salad Bun Garbanzo Beans Carrots Pineapple & Milk
16 Cheese Breadstick Yogurt/Marinara Sauce Salad Pears & Milk  Dominos Pizza	17 B B Q Rib Sandwich Ranch Beans Spinach Peaches & Milk	18 Chicken Taco Rice Shredded Lettuce Oranges & Milk	19 Ham Sandwich P & J Sandwich Carrots Fritos Apples Milk	20 Tuna Salad Bun Garbanzo Beans Carrots Pineapple & Milk
22 Beef Burrito Beans Salad Pears & Milk	23 Beef & Macaroni Corn Muffin Corn Peaches & Milk	24 Chicken Fajita Rice Spinach Orange & Milk	25 Popcorn Chicken Fries Broccoli Mixed Fruit & Milk	Tuna Salad Bun Garbanzo Beans Carrots Pineapple & Milk
29 Spaghetti Roll Salad Pears & Milk  Dominos Pizza				

### KIDS WAY CAFE



Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Vegetables of Day	Corn Dog Vegetables of Day	Subs Vegetables of Day	Hamburger/Fries Vegetable of Day	Chicken Sandwich Vegetable of Day



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