

BREAKFAST

Free Breakfast is available for all Students
 A complete breakfast meal is two or more items, with one being a fruit choice.
 Grab & Go for H/S
 Pop tarts & Fruit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast Burrito Cheerios Cereal/Cocoa Puff Cereal Bar Juice Peaches & Milk	2 Super Donut Cheese Stick Juice Applesauce & Milk	3 Yogurt/ Muffin Pop Tarts Juice Peach & Milk
6 Waffle Pop Tart/Cocoa Puff Cereal Bar Juice Pears & Milk	7 Breakfast Bagel Assorted Cereal/Trix Cereal Bar Juice Orange & Milk	8 Sausage Pancake Cheerios Cereal/Cocoa Puff Cereal Bar Juice Peaches & Milk	9 Egg WG Biscuit Tater Tot Super Donut Juice Applesauce & Milk	10 No School
13 Bagel Pop Tart/Cocoa Puff Cereal Bar Juice Pears & M	14 Breakfast Pizza Assorted Cereal/Trix Cereal Bar Juice Orange & Milk	15 Breakfast Burrito Cheerios Cereal/Cocoa Puff Cereal Bar Juice Peaches & Milk	16 Egg WG Biscuit Tater Tot Super Donut Juice Applesauce & Milk	17 Yogurt/ Muffin Pop Tarts Juice Peach & Milk
20 No School	21 No School	22 No School	23 No School	24 No School
27 Bagel Pop Tart/Cocoa Puff Cereal Bar Juice Pears & Milk	28 Breakfast Pizza Assorted Cereal/Trix Cereal Bar Juice Orange Milk	29 Sausage Pancake Cheerios Cereal/Cocoa Puff Cereal Bar Juice Peaches & Milk	30 Egg WG Biscuit Tater Tot Super Donut Juice Applesauce & Milk	MENU SUBJECT TO CHANGE




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San Pasqual Valley Cafeteria

November 2023



Menu items are subject to change.
 Fat Free/1% Low Fat Milk daily
 All Grains are Whole Grain (WG)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change	Menu Subject to Change	1 Tostada Rice Salad Mixed Fruit & Milk Hotdog Vegetarian Bean	2 Turkey Mashed Potatoes Gravy Corn Fruit Cup Pumpkin Pie Milk	3 Chicken Sandwich Chips Carrots Apple & Milk Fish Sandwich
6 Chili Beans Roll Succotash Orange Milk Pizza MS & HS Dominos Pizza	7 Popcorn Chicken Beans Mixed Vegetable Peaches & Milk Corndog Beans	8 Crunchy Taco Rice Shredded Lettuce Mixed Fruit & Milk Hotdog Ranch Bean	9 Macaroni and Cheese Corn Banana Milk Hamburger	10 No School 
13 Chicken Nuggets Vegetarian Beans Mixed Vegetable Orange & Milk M/S & H/S Dominos Pizza	14 Grilled Cheese Fries Salad Milk Corndog Smiles	15 Chicken Taco Rice Shredded Lettuce Mixed Fruit & Milk Hotdog Ranch Bean	16 Beef Birria Tortilla Beans Shredded Cabbage Banana & Milk Hamburger Fries	17 Chicken Sandwich Chips Carrots Apple & Milk Tuna Sandwich
20 No School	21 No School	22 No School	23 No School	24 No School
27 Ravioli Corn Muffin Corn Pears Milk Pizza M/S & H/S Dominos Pizza	28 Orange Chicken Rice Mixed Vegetable & Milk Peaches Corndog Potato Smiles	29 Chicken Strips Mashed Potato Gravy Green Bean Mixed Fruit Roll Hotdog Vegetarian Beans	30 Pulled Pork Fries Corn Banana & Milk Hamburger/Fries	Menu Subject to Change



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