K-8MENUS

FOR CHARTER SCHOOL



Daily Offerings:

= Homemade =Plant-Based

Breakfast: Asst. Fruit, Orange Juice, 1% White Milk, NF Chocolate Milk

Lunch: Asst. Fruit, 1% White Milk, NF Chocolate Milk

Sunbutter Sandwiches (W1/W3) or Grilled Cheese (W2/W4) offered daily as a vegetarian option

Asst. Juice offered during lunch at Intermediate Schools

SAUSD The Future Begins Here — NUTRITION SERVICES think fresh

	WEEK 1 Weeks of: 1/2, 1/30, 2/27, 3/27, 4/24, 5/22	WEEK 2 Weeks of: 1/9, 2/6, 3/6, 4/3, 5/1, 5/29	WEEK 3 Weeks of: 1/16, 2/13, 3/13, 4/10, 5/8, 6/5	WEEK 4 Weeks of: 1/23, 2/20, 3/20, 4/17, 5/15	DAILY VEGGIES
MON	**B:** Pan Dulce **L:** Breaded Chicken Drumstick Dinner Roll, 2oz.	**B:** Pan Dulce **L:** Chicken Nuggets Cheez Its	**B:** Pan Dulce **L:** Chicken Tenders Dinner Roll, 2oz.	**B:** Pan Dulce **L:** Chicken Nuggets Cheez Its	Mashed Potatoes Sliced Carrots
TUE	**B:** Blueberry Chex **L:** Galaxy Pepp. Pizza	**B:** Blueberry Chex **L:** Corn Dog	**B:** Blueberry Chex **L:** Pasta	**B:** Blueberry Chex **L:** Galaxy Cheese Pizza	Broccoli Chili Lime Baby Carrots
WED	**B:** Honey Cheerios **L:** Chick'n Sandwich	**B:** Apple Pie Oatmeal **L:** Spaghetti	**B:** Honey Cheerios **L:** Bean Burrito	**B:** Apple Pie Oatmeal **L:** Sloppy Joe	Lettuce Tomato Cup Tater Tots
THU	**B:** Cinnamon Chex **L:** Carnitas w/ Corn Tortillas	**B:** Cinnamon Chex **L:** Beef Nachos w/ Tortilla Chips	**B:** Cinnamon Chex **L:** Carnitas w/ Corn Tortillas	**B:** Cinnamon Chex **L:** Beef Nachos w/ Tortilla Chips	Beans Chili Lime Baby Carrots
FRI	**B:** Blueberry Muffin **L:** Beef Hamburger	**B:** Banana Muffin **L:** Adobo Chicken w/ Flour Tortilla	**B:** Blueberry Muffin **L:** Beef Hamburger	**B:** Banana Muffin **L:** Adobo Chicken w/ Flour Tortilla	Corn Cucumbers

MENU SUBJECT TO CHANGE ALL GRAINS MADE WITH WHOLE GRAINS

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

Last Updated: 12/19/22 EM