

Breakfast... Prepared Fresh Daily

Fresh Baked Whole Grain Muffins, Bagel & Cream Cheese, Fresh Baked Whole Grain Scones, Croissants, Reduced Sugar Cereal Cup, Steel cut oatmeal w/ fresh fruit topping & a touch of brown sugar.

Fresh Fruit and Fat Free or 1% Low Fat Milk
Chef's special- Breakfast for Lunch, Pancakes

Menu Symbols

(V)...All Entrees in green are vegetarian.

Blue entrees have pork in them (pepperoni has beef and pork).

WW - Whole Wheat

Lunch Menu

Breakfast	Lunch
Paid - \$2.50	Paid - \$3.50
Reduced - \$0.30	Reduced - \$0.40
Adults - \$3.00	Adults - \$4.50

For students with nut allergies, we do not serve peanut butter or nut-related products at any of our schools.

Monday	Tuesday	Wednesday	Thursday	Friday
1-Oct Breakfast For Lunch Pancakes Turkey Sausage Patty Emoji Potatoes Cheese Stick w/Marinara (V) 1% or Fat Free Milk	2-Oct Ground Beef Tacos Soft Tortillas Spanish Brown Rice & Veggies Cheese Quesadilla (V) Turkey & Cheese Sandwich 1% or Fat Free Milk	3-Oct Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) Turkey & Cheese Sandwich 1% or Fat Free Milk	4-Oct Orange Chicken with Noodles, Vegetables Hard Boiled Egg Bento Box(V) Turkey & Cheese Sandwich 1% or Fat Free Milk	5-Oct Rigatoni with Meat Sauce Breadstick Grilled Cheese Sandwich(V) Turkey & Cheese Sandwich 1% or Fat Free Milk
9-Oct National School Lunch Week "Lot's to Love at Lunch" Waffles Turkey Sausage Patty Emoji Potatoes Cheese Stick w/Marinara (V) 1% or Fat Free Milk	9-Oct Bean and Cheese Nachos Whole Grain Tortilla Chips Cheese Quesadilla (V) Turkey Cheese Spiral 1% or Fat Free Milk	10-Oct Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) Turkey Cheese Spiral 1% or Fat Free Milk	11-Oct Teriyaki Chicken Mixed Steamed Vegetables Rice Fruit & Yogurt Parfait (V) with Honey Graham Cracker Turkey Cheese Spiral 1% or Fat Free Milk	12-Oct Creamy Mac and Cheese(V) Breadstick Grilled Cheese Sandwich (V) Turkey Cheese Spiral 1% or Fat Free Milk
15-Oct French Toast Sticks Turkey Sausage Patty Hash browns Cheese Stick w/Marinara (V) 1% or Fat Free Milk	16-Oct Chicken Tacos Soft Tortillas Spanish Brown Rice & Veggies Cheese Quesadilla (V) <i>Sun butter and Jelly on Wheat</i> 1% or Fat Free Milk	17-Oct Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) <i>Sun butter and Jelly on Wheat</i> 1% or Fat Free Milk	18-Oct Orange Chicken with Noodles, Vegetables Fortune Cookie Hard Boiled Egg Bento Box(V) <i>Sun butter and Jelly on Wheat</i> 1% or Fat Free Milk	19-Oct Spaghetti and Meatballs Breadstick Grilled Cheese Sandwich (V) <i>Sun butter and Jelly on Wheat</i> 1% or Fat Free Milk
22-Oct Southern-Chicken and Waffles Fresh Roasted Baby Potatoes Cheese Stick w/Marinara (V) 1% or Fat Free Milk	23-Oct Chicken Nachos Whole Grain Tortilla Chips Cheese Quesadilla (V) Poor Boy Hoagie 1% or Fat Free Milk	24-Oct Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) Poor Boy Hoagie 1% or Fat Free Milk	25-Oct Broccoli Beef Steamed Rice Fruit & Yogurt Parfait (V) with Honey Graham Cracker Poor Boy Hoagie 1% or Fat Free Milk	26-Oct Chicken Alfredo Rigatoni Breadstick Grilled Cheese Sandwich(V) Poor Boy Hoagie 1% or Fat Free Milk
29-Oct Breakfast For Lunch Pancakes Turkey Sausage Patty Emoji Potatoes Cheese Stick w/Marinara (V) 1% or Fat Free Milk	30-Oct Ground Beef Tacos Soft Tortillas Spanish Brown Rice & Veggies Cheese Quesadilla (V) Turkey & Cheese Sandwich 1% or Fat Free Milk	31-Oct Pizza Day HAPPY HALLOWEEN Halloween Cookie Turkey & Cheese Sandwich 1% or Fat Free Milk	Free/Reduced-priced Meal Applications Online: There is a simple way for you to apply for free & reduced meals for your students. Approval is quick & private. Go to the web site: EZMEALAPP.com, for our online meal application. Paper applications area available in your school office. Questions? Food Service Office:650-903-6965 We highly encourage you to pre pay for your meals online. Go to the web site: EZSCHOOLPAY.com. Please make sure you have your student	
MONDAY FAVORITE Chicken Breast Patty on Wheat Bun 	TUESDAY FAVORITE 100% Charbroiled Beef Burger 	WEDNESDAY FAVORITE Assorted Fresh Made Pizza 	THURSDAY FAVORITE 100% all Beef Hot Dog 	FRIDAY FAVORITE Whole Grain Chicken Nuggets 

Favorites are served with the fresh side of the day, Vegetable/fruit Bar, and milk choice.



October Seasonal Fruits and Vegetables
Napa Valley Table Grapes, Broccoli, Pears

A complete lunch includes an entree supplying protein, grain, vegetables, fruit and 1% or fat free milk. USDA requires that a student select 3 to 5 different components. A cold vegetable /fresh fruit bar is available daily, on which we feature a variety of veggies and fruits including locally grown when seasonally available. We offer deeply colored, nutrient-rich veggies including red/orange and dark green vegetables, as well as beans and other additional

