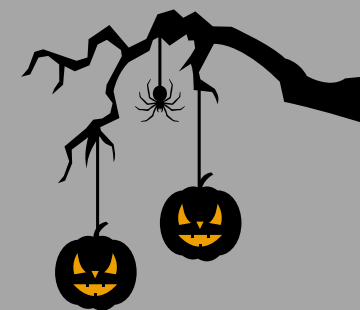




OCTOBER MENU

CHULA VISTA ELEMENTARY SCHOOL DISTRICT

**FREE MEALS FOR ALL: ALL STUDENTS WILL CONTINUE TO RECEIVE
A FREE BREAKFAST AND A FREE LUNCH ALL YEAR!**



Breakfast

Students may choose 1% or nonfat white milk at breakfast.

MONDAY

Pan Dulce
Egg & Cheese
Croissant
Assorted Cereal

TUESDAY

French Toast Sticks
Maple Chicken
Sandwich
Assorted Cereal

WEDNESDAY

Pumpkin Bread
Breakfast Pizza
Bagel
Assorted Cereal

THURSDAY

Mini Maple Waffles
Chef Steak, Egg & Chz
Burrito
Assorted Cereal

FRIDAY

Caramel Mini Cinni
Bagel w/ Cream Chz
Assorted Cereal

Lunch

Students may choose 1% white milk or nonfat chocolate milk at lunch.

MONDAY

Chicken Tenders
Beef Hot Dog
Macaroni & Chz
Protein Pack

TUESDAY

Bosco Sticks w/
Marinara Cup
Pork Carnitas Tacos
Chicken Taquitos
Bistro Box

WEDNESDAY

Chef Penne w/ Meat
Sauce
Chicken Sandwich
Bean & Chz Burrito
Protein Pack

THURSDAY

Orange Chicken & Rice
Mini Corn Dogs
Vegan Burger
Bistro Box

FRIDAY

Pepperoni Pizza
Buffalo Veggie
Nuggets & Corn Bread
Chef Chicken
Quesadilla
Protein Pack

SALAD BAR

A variety of fruits and vegetables are offered each week:

Fresh: apple slices, honeydew, pears, grapes, kiwi, oranges,
cantaloupe, spinach, baby carrots, jicama, cherry tomatoes, sugar snap
peas, salad mix, cucumbers, edamame, celery sticks, mini sweet peppers,
sliced tomatoes

Canned: corn, garbanzo beans, applesauce

Dried: raisins, craisins **Frozen:** fruit juice, sidekicks

Menus subject to change. This institution is an equal opportunity provider.

