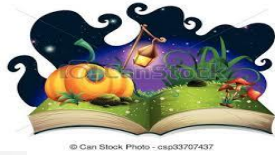


STAY SAFE  
STOP  
COVID-19



# EST SIDE SCHOOL

## OCTOBER BREAKFAST & LUNCH MENU



[myschoolbucks.com](http://myschoolbucks.com)  
**FREE BREAKFAST & LUNCH TO ALL CHILDREN**  
**AGES 1 TO 18 YEARS OF AGE**  
**MONDAY TO FRIDAY FROM 9:00 am to 11:30 am**  
**PLEASE DONT FORGET TO SUBMIT YOUR LUNCH**  
**MEAL APLICATIONS AS SOON AS POSSIBLE FOR THE**  
**SCHOOL YEAR**



**CHOICE OF 1% LOW FAT WHITE**  
**OR NON FAT CHOCOLATE MILK**  
**INCLUDED WITH ALL MEALS**

**ALL GRAIN PRODUCT IS 51% WHOLE GRAIN**  
**MORE FRUIT MORE VEGETABLE CHOICES**  
**EVERYDAY HEALTHY HOME MADE MEALS**  
**If you have any special dietary needs,**  
**suggestions or concerns.**  
**Call us at 707- 431-3434**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>WG SAUSAGE MUFFIN</b> JUICE /MILK BEEF TACO CORN TACO SHELL SHREDDED LETTUCE & CHEESE FRESH FRUIT	2 <b>YOGURT PARFAIT</b> FRESH FRUIT / MILK WG HOT HAM & CHEESE SAND BAKED GREEN BEANS FRUIT CUP JALAPENO CUPS
			5 <b>WG BREAKFAST BURRITO</b> FRUIT CUP/ MILK VEGETARIAN SPAGHETTI CHEESE BREAD STICK BAKED GREEN BEANS 100% FRUIT JUICE CHEESE CUP	6 <b>YOGURT PARFAIT</b> 100% JUICE/ MILK TERIYAKI CHICKEN OVER STEAMED BROWN RICE W/ BROCCOLI FRUIT CUPS HOMEMADE COOKIE
12 <b>WG CINNAMON ROLL</b> FRESH FRUIT/MILK WG CHILI MAC CHEESE CUPS/ SLICED BREAD STREET CORN 100% FRUIT JUICE	13 <b>WG HOMEMADE MUFFIN</b> 100% JUICE/MILK BBQ PULLED PORK OVER TATER TOTS DINNER ROLL COLE SLAW SALAD FRESH FRUIT HOMEMADE COOKIE	14 <b>WG BREAKFAST BURRITO</b> FRUIT CUP /MILK WG RED CHILI ENCHILADAS SPANISH RICE CUCUMBERS & TOMATOES FRUIT CUPS	15 <b>WG TOAST VEG FRITTATA</b> FRESH FRUIT/MILK WG MACARONI & CHEESE GRILLED CHICKEN BREAST WG DINNER ROLL STEAMED BROCCOLI AMBROSIA FRUIT CUPS	16 <b>YOGURT PARFAIT</b> 100% JUICE/MILK GRILLED CHEESE SAND BBQ PINTO BEANS FRESH FRUIT
19 <b>WG TOAST PAPAS &amp; EGGS</b> FRESH FRUIT/MILK WG PORK TACOS ON A CRISPY CORN TACO SHELL RANCH BEANS FRUIT CUP SALSA & CHEESE CUP	20 <b>YOGURT PARFAIT</b> 100% JUICE/MILK BREADED BAKED CHICKEN FLAVORED RICE BAKED GREEN BEANS 100% JUICE BOX HOMEMADE COOKIE	21 <b>WG HOMEMADE MUFFIN</b> FRUIT CUP/MILK BEEF TACO MEAT CORN TOSTADA SHELL CUCUMBERS & CARROTS FRESH FRUIT SALSA & CHEESE CUP	22 <b>BREAKFAST PIZZA</b> FRESH FRUIT/MILK BBQ PULLED PORK MEAT ON A HOAGIE ROLL STEAMED BROCCOLI & CARROTS HOME MADE COOKIE	23 <b>YOGURT PARFAIT</b> 100%JUICE/MILK WG CORN DOGS POTATO TOTS FRUIT CUP KETCHUP, MUSTARD
26 <b>WG BREAKFAST TACOS</b> FRESH FRUIT/MILK BAKED CHILI CHEESE FRIES BREAD CHEESE STICK BROCCOLI TIPS 100% JUICE BOX CHEESE CUP	27 <b>YOGURT PARFAIT</b> 100% JUICE/MILK WG CHEESE LASAGNA ROLLS WG GARLIC BREAD HOT GREEN BEANS FRUIT CUPS HOMEMADE COOKIE	28 <b>WG HOME MADE MUFFIN</b> FRUIT CUP/MILK PORK STIR FRY ON WG RICE CARROTS & RANCH 100% FRUIT JUICE SALSA	29 <b>WG TOAST POTATOES &amp; EGGS</b> FRESH FRUIT/MILK PEPPERONI & CHEESE PIZZA GREEN SALAD & RANCH AMBROSIA FRUIT CUPS JALAPENOS	30 <b>YOGURT PARFAIT</b> 100% JUICE/MILK CHILE VERDE ENCHILADAS SPANISH RICE RANCH BEANS & FRANKS FRESH FRUIT