

San Bruno Park School District

Meals Are Free For All Students

Parkside Intermediate Menu for the Week Of: 10/02 - 10/13

Students can select from a variety of fruits and vegetables and milk. Locally grown items are offered when possible. All breads, pasta, and rice served are whole grain.
Products do not contain trans fats and nothing is fried.

Monday	Tuesday	Wednesday	Thursday	Friday
10/02	10/03	10/04	10/05	10/06
Breakfast Yogurt & String Cheese V Assorted Cereal w/ Crackers V	Breakfast Bagel w/ Cream Cheese V Assorted Cereal w/ Crackers V	Breakfast Waffles V Oatmeal Bars V	Breakfast Yogurt & String Cheese V Assorted Cereal w/ Crackers V	Breakfast French Toast Sticks V Assorted Cereals /w Cracker V
Lunch Chicken Tenders Cheese Tamales V Turkey & Cheese Sandwich	Lunch Hot Dog Cheese Stuffed Breadsticks V Turkey & Cheese Sandwich	Lunch Chicken Burger Spicy & Plain Grilled Cheese Sandwich V Sunflower & Jelly Sandwich V w/ String Cheese	Lunch French Bread Pizza w/ Pepperoni French Bread Pizza V Turkey-ham & Cheese Sandwich	Lunch Taco Nada Bean & Cheese Burrito V Turkey-ham & Cheese Sandwich
Monday	Tuesday	Wednesday	Thursday	Friday
10/09	10/10	10/11	10/12	10/13
	Breakfast Bagel w/ Cream Cheese V Cereal Bars w/ Crackers V	Breakfast French Toast Sticks V Oatmeal Bars V	Breakfast Yogurt & String Cheese V Cereal Bars w/ Crackers V	Breakfast Pancakes V Cereal Bar w/ Crackers V
	Lunch Alfredo Pasta V Protein Pack Turkey & Cheese Sandwich	Lunch Cheeseburger Grilled Cheese Sandwich V Sunflower & Jelly Sandwich w/ String Cheese	Lunch French Bread Pizza w/ Pepperoni French Bread Pizza V Turkey-ham & Cheese Sandwich	Lunch Chicken Quesadillas Cheese Quesadillas V Turkey-ham & Cheese Sandwich



Grapes are this month's local grown seasonal item that will be available as one of the fruit and vegetable offerings

Reminder: Students get one free breakfast and one free lunch. If they ask for a second meal, they will be charged \$2.50 at Breakfast and \$3.50 at Lunch.

This menu is subject to change. Currently Child Nutrition Services is experiencing product shortages due to disruptions in the supply chain and also labor shortages. We regret having to do so but at times we must change the day's menu.

This institution is an equal opportunity provider.