

# OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SANTA CRUZ VALLEY UNION HIGH SCHOOL #840

-FALL BREAK-

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

### BREAKFAST

Student must choose 3 of 4 components, one being 1/2 cup fruit or vegetable

### LUNCH

Student must choose 3 of 5 components, one being 1/2 cup fruit or vegetable

2		3		4		5		6	
9	FRUDEL / MUFFIN FRUIT & JUICE MILK  CHEESEBURGER FRIES FRUIT & MILK SPICY CHICKEN SANDWICH (30)	10	MINI WAFFLES / CEREAL FRUIT & JUICE MILK  CORN DOGS BAKED BEANS FRUIT & MILK PULLED PORK SANDWICH (30)	11	PANCAKES & SAUSAGE/ MUFFIN FRUIT & JUICE MILK  NACHOS CORN FRUIT & MILK CHEF SALAD (30)	12	YOGURT GRANOLA/ MUFFIN FRUIT & JUICE MILK  PIZZA BROCCOLI FRUIT & MILK CHEF SALAD (30)	13	
16	CEREAL / MUFFIN FRUIT & JUICE MILK  BACON CHEESEBURGER FRIES FRUIT & MILK CHICKEN SANDWICH (30)	17	BREAKFAST TORNADOS/ MUFFIN FRUIT & JUICE MILK  CHICKEN NUGGETS CORN/DINNER ROLL FRUIT & MILK TURKEY SUB SANDWICH (30)	18	BREAKFAST BURRITO/ MUFFIN FRUIT & JUICE MILK  CHILLI CHEESE FRIES CORN BREAD FRUIT & MILK CHEF SALAD (30)	19	QUESADILLA / MUFFIN FRUIT & JUICE MILK  SPICY CHICKEN SANDWICH FRIES FRUIT & MILK CHICKEN SANDWICH (30)	20	
23	FRUDEL / MUFFIN FRUIT & JUICE MILK  PIZZA CORN FRUIT & MILK CHEF SALAD (30)	24	SCRAMBLED EGG & HASH BROWN / CEREAL FRUIT & JUICE/MILK  CHICKEN SOFT TACO RICE/BEANS FRUIT & MILK CHEF SALAD (30)	25	CEREAL BAR / MUFFIN FRUIT & JUICE MILK  BAKED CHICKEN SCALLOPED POTATO GREEN BEANS/DINNER ROLL FRUIT & MILK CHEF SALAD (30)	26	BREAKFAST TORNADOS / MUFFIN FRUIT & JUICE MILK  HAM SUB SANDWICH FRESH VEGETABLES FRUIT & MILK CHEF SALAD (40)	27	
30	POPARTS / MUFFIN FRUIT & JUICE MILK  HOT DOGS FRIES FRUIT & MILK SPICY CHICKEN SANDWICH (30)	31	BREAKFAST BAR / MUFFIN FRUIT & JUICE MILK  ORANGE CHICKEN & RICE BROCCOLI FRUIT & MILK CHEF SALAD (30)						