

June

ESS CAPE MENU 2023

Served at:

- Highlands
- Avondale
- Bancroft
- Casa de Oro
- Kempton
- La Mesa Dale
- La Presa
- Rancho
- LMAAC
- STEAM
- SVA

Graham Crackers 1
Yogurt
Dried Cranberries
Carrot Sticks
1% White / NF Choc. Milk

Cheeseburger 2
Raisins
Black Beans
1% White / NF Choc. Milk

(Whole Grain) 5
Bean & Cheese Burrito
Fresh Apple
Carrot Sticks
1% White / NF Choc. Milk

Corn Chips 6
String Cheese
Peach Cups
Romaine Lettuce
1% White / NF Choc. Milk

Galaxy Pizza 7
Petite Banana
Cucumber Sticks
1% White / NF Choc. Milk

Tostitos Scoops 8
String Cheese
Dried Cranberries
Carrot Sticks
1% White / NF Choc. Milk

(Pepperoni) 9
Cheese Sandwich
Raisins
Black Beans
1% White / NF Choc. Milk

Goldfish Pretzels 12
String Cheese
Fresh Apple
Carrot Sticks
1% White / NF Choc. Milk

Chex Mix 13
String Cheese
Peach Cups
Romaine Lettuce
1% White / NF Choc. Milk

Galaxy Pizza 14
Petite Banana
Cucumber Sticks
1% White / NF Choc. Milk

Graham Crackers 15
Yogurt
Dried Cranberries
Carrot Sticks
1% White / NF Choc. Milk

(Pepperoni) 16
Cheese Sandwich
Raisins
Black Beans
1% White / NF Choc. Milk

Offered Daily:



- Milk / Fluid
- Meat / Meat Alternate
- Fruit
- Vegetable
- Grains / Bread

★ Last Day of School! ★

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

