

ESS FALL BREAK MENUS

FLH / HIG / KEM / LMD / MUR / MUM / SVA



LUNCH

6

Chicken Corn Dog
Yogurt w/ Vanilla Grahams
PB & J Uncrustable
Carrot Sticks
Corn, Apple
Juice and Milk

SNACK

Cool Ranch Doritos
Fresh Fruit
Juice or Milk

LUNCH

7

Chicken Strips
Yogurt w/ Vanilla Grahams
PB & J Uncrustable
Romaine Lettuce
Garbanzo Beans, Raisins
Juice and Milk

SNACK

Giant Cinnamon Goldfish
Fresh Fruit
Juice or Milk

LUNCH

8

French Bread Pizza
Yogurt w/ Vanilla Grahams
PB & J Uncrustable
Black Beans
Banana
Juice and Milk

SNACK

Cheez-Its
Fresh Fruit
Juice or Milk

LUNCH

9

Mini Cheeseburger Sliders
Yogurt w/ Vanilla Grahams
PB & J Uncrustable
Romaine Lettuce
Pinto Beans, Diced Peaches
Juice and Milk

SNACK

Heartzels
Fresh Fruit
Juice or Milk

LUNCH

10

Bean & Cheese Burrito
Yogurt w/ Vanilla Grahams
PB & J Uncrustable
Carrot Sticks, Green Beans
Dried Cranberries
Juice and Milk

SNACK

Chocolate Chip Crisps
Fresh Fruit
Juice or Milk

* Students need a sack lunch on Field Trip days.



* Friday 10/10
Old Town San Diego
Middle Schools **ONLY**

LUNCH

13

Chicken Double Dogs
Yogurt w/ Vanilla Grahams
PB & J Uncrustable
Carrot Sticks
Corn, Apple
Juice and Milk

SNACK

(Honey) Sunflower Seeds
Fresh Fruit
Juice or Milk

LUNCH

14

Turkey Taco Nada
Yogurt w/ Vanilla Grahams
PB & J Uncrustable
Romaine Lettuce
Garbanzo Beans, Raisins
Juice and Milk

SNACK

Vanilla Chat Snax
Fresh Fruit
Juice or Milk

LUNCH

15

Cheese Breadsticks*
**(with Marinara Sauce)*
Yogurt w/ Vanilla Grahams
PB & J Uncrustable
Cucumber Slices
Black Beans, Banana
Juice and Milk

SNACK

Cheese Ritz Bitz Crackers
Fresh Fruit
Juice or Milk

LUNCH

16

Chicken Strips
Yogurt w/ Vanilla Grahams
PB & J Uncrustable
Romaine Lettuce
Pinto Beans, Diced Peaches
Juice and Milk

SNACK

Pretzel Goldfish
Fresh Fruit
Juice or Milk

LUNCH

17

Macaroni & Cheese
Yogurt w/ Vanilla Grahams
PB & J Uncrustable
Carrot Sticks, Green Beans
Dried Cranberries
Juice and Milk

SNACK

Chocolate Chip Cookie
Fresh Fruit
Juice or Milk



* Wednesday 10/15
San Diego Zoo
LMD, MUR, MUM



* Thursday 10/16
San Diego Zoo
FLH, HIG, KEM, SVA

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