

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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DID YOU KNOW?

Studies show students who eat breakfast have improved cognitive function, attention, and memory, which lead to better math and reading scores, attendance and punctuality.

Breakfast: Option of 0% and 1% milk and fresh fruit served daily except when fruit juice is offered. All items are VG.

We'd love to hear from you! Email SFUSD Student Nutrition Services at schoollunch@sfusd.edu with any questions, comments or concerns about the meal program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <ul style="list-style-type: none"> String Cheese/ Cinnamon Grahams *NEW* Blueberry Crisp Granola Cereal 	<p>4</p> <ul style="list-style-type: none"> Dipperdoodle Bar (DF) Blueberry Muffin 	<p>5</p> <ul style="list-style-type: none"> Breakfast Cinnamon Crumble Yogurt/Educational Snacks 	<p>6</p> <ul style="list-style-type: none"> Plain Bagel w/Cream Cheese Autumn Spice Muffin 	<p>7</p> <ul style="list-style-type: none"> Yogurt/ Honey Grahams Cinnamon Chex/Zac Attack Apple Bar
<p>10</p> <ul style="list-style-type: none"> Zac Omega Strawberry Bar *NEW* Apple Crisp Granola Cereal 	<p>11</p> <ul style="list-style-type: none"> Mini French Toast Muffin/ String Cheese Dipperdoodle Bar 	<p>12</p> <ul style="list-style-type: none"> Blueberry Bagel w/Cream Cheese Breakfast Cinnamon Crumble 	<p>13</p> <ul style="list-style-type: none"> Blueberry Muffin String Cheese/ Cinnamon Grahams 	<p>14</p> <ul style="list-style-type: none"> Cheerios/Mini Dipperdoodle Bar Yogurt/Granola
<p>17</p> <ul style="list-style-type: none"> Zac Omega Strawberry Bar String Cheese/Cinnamon Grahams . 	<p>18</p> <ul style="list-style-type: none"> Mini Bagels w/Grape Jam & Hard Boiled Egg Breakfast Cinnamon Crumble 	<p>19</p> <ul style="list-style-type: none"> Yogurt/Educational Snacks Autumn Spice Muffin 	<p>20</p> <ul style="list-style-type: none"> Blueberry bagel w/Cream cheese Dipperdoodle Bar (DF) 	<p>21</p> <ul style="list-style-type: none"> Blueberry Muffin Cinnamon Vanilla Crunch Granola Cereal
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>NEW YEAR'S EVE! 31</p>				