



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OCTOBER Cold Breakfast

1	2	3	4	5
<ul style="list-style-type: none"> <li>Zac Omega Bar (V, DF)</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble (V)</li> </ul>	<ul style="list-style-type: none"> <li>Mini Dipperdoodle Bar w String Cheese (V)</li> </ul>	<ul style="list-style-type: none"> <li>Bagel w Cream Cheese (V)</li> </ul>	<ul style="list-style-type: none"> <li>Corn Chex &amp; Mini Dipperdoodle Bar (V)</li> </ul>
<ul style="list-style-type: none"> <li>HOLIDAY</li> </ul>	<ul style="list-style-type: none"> <li>Cinnamon Chex &amp; Zac Bar (V, DF)</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffin (V)</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble (V)</li> </ul>	<ul style="list-style-type: none"> <li>Bagel &amp; Cream Cheese (V)</li> </ul>
<ul style="list-style-type: none"> <li>Cheerios &amp; Mini Dipperdoodle Bar (V, DF)</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Bagel &amp; Cream Cheese (V)</li> </ul>	<ul style="list-style-type: none"> <li>Corn Chex &amp; Zac Attack Bar (V, DF)</li> </ul>	<ul style="list-style-type: none"> <li>Apple Muffin w&amp; Hard Boiled Egg (V)</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt &amp; Granola (V)</li> </ul>
<ul style="list-style-type: none"> <li>Dipperdoodle Bar (DF)</li> </ul>	<ul style="list-style-type: none"> <li>French Toast Muffin (V)</li> </ul>	<ul style="list-style-type: none"> <li>Bagel &amp; Cream Cheese (V)</li> </ul>	<ul style="list-style-type: none"> <li>Cheerios &amp; Mini Dipperdoodle Bar (V, DF)</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffin (V)</li> </ul>
<ul style="list-style-type: none"> <li>Zac Omega Bar (V, DF)</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble (V)</li> </ul>	<ul style="list-style-type: none"> <li>Corn Chex &amp; Zac Attack Bar (V, DF)</li> </ul>		

WHAT'S YOUR GOAL?

New school years are for new beginnings! Now is the perfect time to try that new food, hobby or skill you've always been curious about. What's your new goal?



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

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily