



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OCTOBER Hot Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • Omelet w Cheese (V)	2 • Pancakes w Syrup (V)	3 • Egg & Sausage Quesadilla	4 • French Toast, Maple Turkey Sausage & Egg Combo	5 • Chicken Sausage & Omelet Gordita
8 • HOLIDAY	9 • French Toast Sticks (V)	10 • Egg & Sausage Quesadilla	11 • Classic Chicken & Sausage Brekwich	12 • Egg, Cheese & Ranchero Breakfast Burrito (V)
15 • Mini Omelet w French Toast Sticks (V)	16 • Turkey, Pepper Jack Cheese & Omelet Gordita	17 • Pancakes w Syrup (V)	18 • Omelet w Cheese (V)	19 • Egg & Chicken Sausage Quesadilla
22 • Classic Chicken Sausage & Cheddar Brekwich	23 • French Toast Sticks (V)	24 • Pepper Jack Cheese and Omelet Gordita (V)	25 • Pancakes w Syrup (V)	26 • Egg & Cheese Breakfast Burrito (V)
29 • Omelet w Cheese (V)	30 • Pancakes w Syrup (V)	31 • Egg & Chicken Sausage Quesadilla		

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 schoollunch@sfusd.edu with any questions, comments or concerns about the meal program.

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