## CHILD DEVELOPMENT PROGRAM

### BREAKFAST MENU

<table>
<thead>
<tr>
<th>MONDAY 28</th>
<th>TUESDAY 01</th>
<th>WEDNESDAY 02</th>
<th>THURSDAY 03</th>
<th>FRIDAY 04</th>
</tr>
</thead>
</table>
| French Toast w/ Syrup (1)  
Fresh Fruit ½ c  
Milk ¾ c | Cold Cereal  
Fresh Fruit ½ c  
Milk ¾ c | Scrambled Eggs  
Fresh Fruit ½ c  
Toast ½ slice  
Milk ¾ c * | Hot Cereal  
Fresh Fruit ½ c  
Milk ¾ c |
| Cold Cereal  
Fresh Fruit ½ c  
Milk ¾ c | Cold Cereal  
Fresh Fruit ½ c  
Milk ¾ c | Hot Cereal  
Fresh Fruit ½ c  
Milk ¾ c | Pancake w/ Syrup (1)  
Fresh Fruit ½ c  
Milk ¾ c * |
| Cold Cereal  
Fresh Fruit ½ c  
Milk ¾ c | Hot Cereal  
Fresh Fruit ½ c  
Milk ¾ c | Waffles w Syrup  
Applesauce ½ c  
Milk ¾ c | Cold Cereal  
Fresh Fruit ½ c  
Milk ¾ c |
| Cold Cereal  
Fresh Fruit ½ c  
Milk ¾ c | Hot Cereal  
Fresh Fruit ½ c  
Milk ¾ c | Bagel Cream Cereal  
Fresh Fruit ½ c  
Milk ¾ c | Raisin Bread  
Fresh Fruit ½ c  
Milk ¾ c |
| Cold Cereal  
Fresh Fruit ½ c  
Milk ¾ c | Hot Cereal  
Fresh Fruit ½ c  
Milk ¾ c | Scrambled Eggs  
Fresh Fruit ½ c  
Milk ¾ c * | Furlough Day |

Menu is Subject to Change only by SOTA kitchen Without Written Notice

* Bread is served with meal

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**CDP NUTRITION SERVICES** (415) 750-8669
## SAN FRANCISCO UNIFIED SCHOOL DISTRICT
### CHILD DEVELOPMENT PROGRAM
#### LUNCH MENU

<table>
<thead>
<tr>
<th>MONDAY 28</th>
<th>TUESDAY 01</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Turkey Ham Fried Rice&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Baked Chicken/Gravy Rice 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c *</td>
<td>Tuna Noodle Casserole&lt;br&gt;Green Peas 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Meat Loaf&lt;br&gt;Mashed Potatoes 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Turkey Cheese Sand.&lt;br&gt;Carrot Sticks 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
</tr>
<tr>
<td>07</td>
<td>08</td>
<td>09</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>Vegetarian Beans&lt;br&gt;Rice 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Hamburger &amp; Fresh Bun&lt;br&gt;Tossed Salad 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Spaghetti/Meat Sauce&lt;br&gt;Tossed Salad 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Beef Stew&lt;br&gt;Mashed Potatoes 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Chicken Cesar Wrap Sandwich&lt;br&gt;Veggie Sticks 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese&lt;br&gt;Mixed Vegetables 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Oven fried Rice&lt;br&gt;Green Peas 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Chili Macaroni&lt;br&gt;Tossed Salad 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Corned Beef/Cabbage&lt;br&gt;Mashed Potatoes 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Turkey Salami &amp;Cheese Sandwich&lt;br&gt;Carrot Sticks 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Spanish Rice&lt;br&gt;Carrots 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Ham Noodle Casserole&lt;br&gt;Spinach 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Turkey Meatloaf&lt;br&gt;Mashed Potatoes 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Bologna &amp;Cheese Sandwich&lt;br&gt;Veggie Sticks 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Furlough Day</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Macaroni &amp; Cheese&lt;br&gt;Green Beans 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Hamburger &amp; Fresh Bun&lt;br&gt;Tossed Salad 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Chili Beans&lt;br&gt;Rice 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td>Chicken Chow Mein&lt;br&gt;Green Peas 1/4c&lt;br&gt;Fresh Fruit 1/4c&lt;br&gt;Milk 3/4c</td>
<td></td>
</tr>
</tbody>
</table>

**VEGETARIAN MENU**
Call SOTA 695-5709 to find out what is on the menu for the week
Questions call 750-8699

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<tbody>
<tr>
<td></td>
<td>Jungle Cracker&lt;br&gt; Fresh Fruit 1/4c</td>
<td>Turkey Salami&lt;br&gt; Fresh Fruit 1/2c</td>
<td>Maple Sunrise Crackers&lt;br&gt; Fresh Fruit 1/2c</td>
<td>Baked Cookies&lt;br&gt; Fresh Fruit 1/2c</td>
</tr>
<tr>
<td><strong>07</strong></td>
<td>Goldfish Pretzel&lt;br&gt; Fresh Fruit 1/2c</td>
<td>Apple Cinnamon Multigrain Cracker&lt;br&gt; Fresh Fruit 1/2c</td>
<td>Lemon Dinosaurs&lt;br&gt; Fresh Fruit 1/2c</td>
<td>Cheese/Saltines&lt;br&gt; Fresh Fruit 1/2c</td>
</tr>
<tr>
<td><strong>09</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td></td>
<td>Animal Crackers&lt;br&gt; Fresh Fruit 1/2c</td>
</tr>
<tr>
<td><strong>14</strong></td>
<td>Blueberry Crackers&lt;br&gt; Fresh Fruit 1/2c</td>
<td>Maple Sunrise Crackers&lt;br&gt; Fresh Fruit 1/2c</td>
<td>Cheese Sandwich&lt;br&gt; Fresh Fruit 1/2c</td>
<td>Mini Pretzel&lt;br&gt; Fresh Fruit 1/4 c</td>
</tr>
<tr>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td>Corn Muffin&lt;br&gt; Fresh Fruit 1/2c</td>
</tr>
<tr>
<td><strong>21</strong></td>
<td>Chocolate Crackers&lt;br&gt; Fresh Fruit 1/2 c</td>
<td>Apple Cinnamon Graham Cracker&lt;br&gt; Fresh Fruit 1/2c</td>
<td>Cheese-it Crackers&lt;br&gt; Fresh Fruit 1/2c</td>
<td>Strawberry Cracker&lt;br&gt; Fresh Fruit 1/2c</td>
</tr>
<tr>
<td><strong>22</strong></td>
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<tr>
<td>Apple Cinnamon Multigrain Cracker&lt;br&gt; Fresh Fruit 1/2c</td>
<td>Animal Crackers&lt;br&gt; Fresh Fruit 1/2c</td>
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