

Harvest San Luis K-8 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
Breakfast Entrée • Chilaquiles • Cinnamon Toast Crunch w/ Toast • Trix Cereal w/ Graham Crackers • Honey Cheerios Cereal w/ Graham Crackers Fruit • INACTIVE 100% Orange-Pineapple Juice • Fresh Orange Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Chicken Teriyaki w/Rice • Two Cheese Grilled Cheese Sandwich • Vegetarian Garden Salad Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Celery Sticks • Fresh-Cut Cucumber Slices • Steamed Broccoli Fruit • Sweet Diced Peaches • Fresh Orange Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Dispenser • Mayo Dispenser • Mustard Dispenser	Breakfast Entrée • Colby Cheese Omelet • Cinnamon Toast Crunch w/ Toast • Trix Cereal w/ Graham Crackers • Honey Cheerios Cereal w/ Graham Crackers Grain • Golden Whole Grain Toast Fruit • 100% Apple Juice • Fresh Apple Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Golden Chicken Corn Dog • Crispy Beef Tacos w/ Spanish Rice • Italian Sub Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Celery Sticks • Fresh-Cut Cucumber Slices • Classic Refried Beans Fruit • Unsweetened Applesauce • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Dispenser • Mustard Dispenser • Mayo Dispenser • Ranch Dispenser	Breakfast Entrée • Strawberry Smoothie • Cinnamon Toast Crunch w/ Toast • Trix Cereal w/ Graham Crackers • Honey Cheerios Cereal w/ Graham Crackers Fruit • Fresh Apple • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Cheesy Spaghetti Pomodoro w/ Roll • Crispy Chicken Patty Sandwich • Veggie Ranch Wrap Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Celery Sticks • Fresh-Cut Cucumber Slices • Seasoned Peas & Carrots Fruit • Juicy Pineapple Tidbits • Fresh Apple Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Dispenser • Mayo Dispenser • Mustard Dispenser • Ranch Dispenser	Breakfast Entrée • French Toast Sticks w/ Turkey Sausage • Cinnamon Toast Crunch w/ Toast • Trix Cereal w/ Graham Crackers • Honey Cheerios Cereal w/ Graham Crackers Fruit • Fresh Orange • 100% Apple Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Cheesy Chicken Burrito • Classic Pepperoni Pizza • Loaded Meat Lover's Pizza • Turkey & Cheese Sandwich Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Celery Sticks • Fresh-Cut Cucumber Slices • Seasoned Curly Fries Fruit • Cinnamon Spiced Apples • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ranch Dispenser • Ketchup Dispenser • Mustard Dispenser • Mayo Dispenser	Breakfast Entrée • Egg & Cheese Biscuit Sandwich • Cinnamon Toast Crunch w/ Toast • Trix Cereal w/ Graham Crackers • Honey Cheerios Cereal w/ Graham Crackers Fruit • Fresh Banana • INACTIVE 100% Orange-Pineapple Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Grilled Cheeseburger • Chicken Nuggets w/Roll • Chicken Taco Salad Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Celery Sticks • Fresh-Cut Cucumber Slices • Seasoned Crispy Sweet Potato Fries Fruit • Diced Pears • Fresh Orange Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Dispenser • Mayo Dispenser • Mustard Dispenser • Ranch Dispenser

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Breakfast Entrée

- Savory Breakfast on a Stick
- Cinnamon Toast Crunch w/ Toast
- Cocoa Puffs Cereal w/ Toast
- Lucky Charms Cereal w/ Toast

Fruit

- Fresh Apple
- 100% Fruit Punch Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Maple Syrup Cup

Lunch Entrée

- Creamy Macaroni & Cheese
- Pulled Pork BBQ Sandwich
- Cobb Salad w/ Crackers

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Celery Sticks
- Fresh-Cut Cucumber Slices
- Seasoned Curly Fries

Fruit

- Fresh Apple
- Mandarin Oranges

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser
- Ranch Dispenser

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Breakfast Entrée

- Peach Parfait w/ Graham Crackers
- Cinnamon Toast Crunch w/ Toast
- Cocoa Puffs Cereal w/ Toast
- Lucky Charms Cereal w/ Toast

Fruit

- Fresh Orange
- 100% Apple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Beef Tamales w/ Refried Beans and Spanish Rice
- Sunbutter & Jelly Sandwich w/ String Cheese

Vegetables

- Fresh Salsa
- Fresh Lettuce & Spinach Mix
- Fresh-Cut Cucumber Slices
- Fresh Baby Carrots
- Fresh Celery Sticks
- Classic Refried Beans

Fruit

- Diced Pears
- Fresh Orange

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Mayo Dispenser
- Mustard Dispenser
- Ranch Dispenser
- Ketchup Dispenser

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Breakfast Entrée

- Egg & Bacon Scramble w/ Toast
- Cinnamon Toast Crunch w/ Toast
- Cocoa Puffs Cereal w/ Toast
- Lucky Charms Cereal w/ Toast

Fruit

- Fresh Apple
- INACTIVE 100% Orange-Pineapple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Homemade Bean & Cheese Burrito
- Classic Pepperoni Pizza
- Bacon Ranch Pizza
- Deli Stacker Sub

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Celery Sticks
- Steamed Baby Carrots

Fruit

- Sweet Diced Peaches
- Fresh Apple

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser
- Ranch Dispenser

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Breakfast Entrée

- Bacon, Egg & Cheese Breakfast Tacos
- Cinnamon Toast Crunch w/ Toast
- Cocoa Puffs Cereal w/ Toast
- Lucky Charms Cereal w/ Toast

Fruit

- 100% Fruit Punch Juice
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Mini Chicken Corndogs
- Cheesy Turkey Melt
- Crispy Buffalo Chicken Wrap

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Celery Sticks
- Crispy Tater Tots

Fruit

- Fresh Orange
- Unsweetened Applesauce

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mayo Dispenser
- Mustard Dispenser
- Ranch Dispenser

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Breakfast Entrée

- Iced Cinnamon Roll w/ Sausage Patty
- Cinnamon Toast Crunch w/ Toast
- Cocoa Puffs Cereal w/ Toast
- Lucky Charms Cereal w/ Toast

Fruit

- Fresh Orange
- 100% Apple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Spaghetti & Meatballs w/ Breadstick
- Spicy Chicken Patty Sandwich
- Southwest Chicken Salad

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Celery Sticks
- Seasoned Peas & Carrots

Fruit

- Fresh Apple
- Diced Pears

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Mustard Dispenser
- Mayo Dispenser
- Ranch Dispenser
- Ketchup Dispenser

19 Breakfast Entrée • Egg & Cheese Big Bite Sandwich • Cinnamon Toast Crunch w/ Toast • Cocoa Puffs Cereal w/ Toast • Lucky Charms Cereal w/ Toast Fruit • Fresh Apple • INACTIVE 100% Orange-Pineapple Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local	20 Breakfast Entrée • Turkey Sausage Breakfast Pizza • Cinnamon Toast Crunch w/ Toast • Trix Cereal w/ Graham Crackers • Cocoa Puffs Cereal w/ Toast Fruit • Fresh Banana • 100% Apple Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Classic Pepperoni Pizza • Pepperoni & Jalapeno Pizza • Seasoned Chicken Fajitas w/Flour Tortilla • Turkey & Cheese Sandwich Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh-Cut Cucumber Slices • Fresh Celery Sticks • Cheesy Refried Beans Fruit • Cinnamon Applesauce • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Dispenser • Mustard Dispenser • Mayo Dispenser • Ranch Dispenser	21 Breakfast Entrée • Cheesy Egg & Turkey Sausage Breakfast Burrito • Cinnamon Toast Crunch w/ Toast • Cocoa Puffs Cereal w/ Toast • Lucky Charms Cereal w/ Toast Fruit • 100% Fruit Punch Juice • Fresh Orange Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Beefy Macaroni Marinara w/ Roll • Chicken Cordon Bleu Sandwich • Chicken Caesar Wrap Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Celery Sticks • Fresh-Cut Cucumber Slices • Steamed Baby Carrots Fruit • Diced Pears • Fresh Apple Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Dispenser • Mustard Dispenser • Mayo Dispenser	22 Breakfast Entrée • Mango Smoothie • Cinnamon Toast Crunch w/ Toast • Cocoa Puffs Cereal w/ Toast • Lucky Charms Cereal w/ Toast Fruit • Fresh Apple • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Turkey Bacon Cheeseburger • Cheesy Broccoli Baked Potato w/ Roll • Crispy Buffalo Chicken Salad w/Crackers Grain • Whole Wheat Dinner Roll Vegetables • Fresh Lettuce & Spinach Mix • Fresh-Cut Cucumber Slices • Fresh Baby Carrots • Fresh Celery Sticks • Steamed Broccoli Fruit • Cinnamon Spiced Apples • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Dispenser • Mayo Dispenser • Mustard Dispenser • Ranch Dispenser	23 Breakfast Entrée • Potato, Egg & Cheese Quesadilla • Cinnamon Toast Crunch w/ Toast • Cocoa Puffs Cereal w/ Toast • Lucky Charms Cereal w/ Toast Fruit • Fresh Banana • 100% Fruit Punch Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Sweet Honey BBQ Boneless Wings w/Roll • Cheesy Meatball Sub • Sunbutter & Jelly Sandwich w/ String Cheese Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh Celery Sticks • Fresh-Cut Cucumber Slices • Seasoned Curly Fries Fruit • Sweet Diced Peaches • Fresh Apple Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Dispenser • Mayo Dispenser • Mustard Dispenser • Ranch Dispenser
26	27	28	29	30

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