





North County Joint Union School District  
Spring Grove School

# OCTOBER



## Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FIRST Breakfast is <b>FREE!</b></p> <p>(additional breakfast = \$1.50) Milk = 50 cents Bottled Water = \$1</p>	 <p><i>Start your day off right, don't forget your Breakfast!</i></p>			<p>1</p> 
<p>4</p> <p>Choice of: Banana Bread Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>5</p> <p>Choice of: Cheesy Egg &amp; Bacon Scramble Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>6</p> <p>Choice of: Waffles w/ Syrup, Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>7</p> <p>Choice of: Cheesy Ham and Eggs, Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>8</p> <p>Choice of: Cinnamon Roll Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>
<p>11</p> <p>Choice of: Muffins Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>12</p> <p>Choice of: Breakfast Pizza Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>13</p> <p>Choice of: French Toast w/ Syrup, Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>14</p> <p>Choice of: Benefit Bar, Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>15</p> <p>Choice of: Cinnamon Roll Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>
<p>18</p> <p>Choice of: Banana Choc. Chip Oat Round Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>19</p> <p>Choice of: Sausage, Cheese &amp; Egg Biscuit Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>20</p> <p>Choice of: Pancakes w/ Syrup, Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>21</p> <p>Choice of: Cheesy Egg &amp; Bacon Scramble Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>22</p> <p>Choice of: Cinnamon Roll Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>
<p>25</p> <p>Choice of: Cinnamon Crumb Cake Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>26</p> <p>Choice of: Breakfast Pizza Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>27</p> <p>Choice of: Waffles w/ Syrup, Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>28</p> <p>Choice of: Berry Scone Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>	<p>29</p> <p>Choice of: Cinnamon Roll Bagel w/Cream Cheese, Yogurt w/Granola, or Cereal</p>
<p><b>Offered daily with breakfast: 1% white milk or fat free chocolate milk, fresh fruit, and 100% fruit juice. Students must choose 3 food components including a fruit or juice to complete their meal.</b></p>				





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**OCTOBER**  
 Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Milk = 50 cents    Bottled water = \$1	<b>ALL students can get a lunch for FREE!</b> 			
4 *Breakfast for Lunch* French Toast w/ Syrup Sausage, Tater Tots, Edamame, Banana	5 Chicken & Cheese Burrito Refried Beans, Salsa Tossed Salad Fruit Cup	6 Chicken Nuggets Fries, Steamed Broccoli Apple Slices, Peanut Butter Cheddar Goldfish	7 Hot Dog Chili Beans Corn on the Cob Fresh Melon, Assorted Chips	8 Domino's Pepperoni Pizza Cheesy Bites Celery Sticks, Hummus Cup Tossed Salad, Asst'd Fruit
11 Hamburger Oven Baked Fries Lettuce and Tomato Pickles, Whole Fruit Sorbet	12 Beef & Cheese Taco Stick Refried Beans, Southwest Corn, Salsa Fresh Melon	13 Chicken Drumstick Loaded Mashed Potatoes Peas and Carrots, Garlic Knot Apple Slices, Caramel Dip	14 PB&J Sandwich Cucumber, Baby Carrots Fruit Sorbet, String Cheese Goldfish Crackers	15 Domino's Cheese Pizza Baby Carrots, Ranch Tossed Salad, Asst'd Fruit Chocolate Chip Cookie
18 *Breakfast for Lunch* Mini Cinni Buns Sausage, Tater Tots, Jicama, Banana	19 Bean and Cheese Burrito Spanish Rice, Tossed Salad Baby Carrots Fruit Cup	20 Chicken Nuggets Garlic Mashed Potatoes Cheesy Bite Corn, Fruit Sorbet	21 Corn Dog Oven Baked Fries Trees and Snow, Apples Cinnamon Goldfish	22 Domino's Pepperoni Pizza Celery Sticks, Hummus Cup, Tossed Salad, Asst'd Fruit Cookie
25 Cheeseburger Oven Baked Fries Lettuce and Tomato Pickles, Oranges	26 Nachos/with Cheese Sauce Taco Meat, Salsa Tossed Salad Whole Fruit Sorbet	27 Chicken Drumstick Loaded Mashed Potatoes Green Beans, Garlic Knot Apple Slices, Caramel Dip	19 Turkey and Cheddar Ciabatta Lettuce & Tomato, Sun Chips Cucumber Spears, Oranges	29 Domino's Cheese Pizza Celery Sticks, Peanut Butter, Tossed Salad, Asst'd Fruit Chocolate Chip Cookie

1% White Milk and Fat Free Chocolate milk are offered with every meal! Milk is not required, however, students must choose at least 3 food components INCLUDING A FRUIT OR VEGETABLE. Most entrees count as 2.