

# DECEMBER 2023 BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> - Sunbutter & Jelly Sandwich - Breakfast Cereal
<b>4</b> - Hard Boiled Egg W/ Muffin - Breakfast Cereal	<b>5</b> - Breakfast Muffin - Breakfast Cereal	<b>6</b> - Bagel W/ Cream Cheese - Breakfast Cereal	<b>7</b> - Yogurt W/ Grahams - Breakfast Cereal	<b>8</b> - Cherry Frudel - Breakfast Cereal
<b>11</b> - Sunbutter & Jelly Sandwich - Breakfast Cereal	<b>12</b> - Breakfast Muffin - Breakfast Cereal	<b>13</b> - Bagel W/ Cream Cheese - Breakfast Cereal	<b>14</b> - Apple Cinnamon Frudel - Breakfast Cereal	<b>15</b> - Yogurt Berry Parfait & Muffin - Breakfast Cereal
<b>18</b> - Breakfast Scones - Breakfast Cereal	<b>19</b> - String Cheese And Mini Muffin - Breakfast Cereal	<b>20</b> - Cheesy Cornbread Muffin - Breakfast Cereal	<b>21</b> - Yogurt W/ Grahams - Breakfast Cereal	<b>22</b> - Breakfast Cereal
<b>25</b> No meal service	<b>26</b> No meal service	<b>27</b> No meal service	<b>28</b> No meal service	<b>29</b> No meal service

## Drinks

Nonfat Milk, 1% Milk

This institution is an equal opportunity provider and employer



ALL BREAKFAST ENTREES INCLUDE A FRUIT AND MILK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

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# DECEMBER 2023

## Vegan / Gluten Free



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> - Vegan Pinto Pozole W/ Tortilla Chips
<b>4</b> - Vegan Spanish Beans W/ Rice	<b>5</b> - Vegan Fried Rice	<b>6</b> - Vegan Bean Burrito Bowl	<b>7</b> - Vegan 3 Bean Chili W/ Tortilla Chips	<b>8</b> - Myo Vegan Tacos
<b>11</b> - Vegan Chickpea Tikka Masala	<b>12</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>13</b> - Vegan Spanish Beans W/ Rice	<b>14</b> - Vegan Fried Rice	<b>15</b> - Vegan Bean Burrito Bowl
<b>18</b> - Vegan Red Beans & Rice	<b>19</b> - Myo Vegan Tacos	<b>20</b> - Vegan Chickpea Tikka Masala	<b>21</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>22</b> - Noon Dismissal
<b>25</b> No meal service	<b>26</b> No meal service	<b>27</b> No meal service	<b>28</b> No meal service	<b>29</b> No meal service

### Drinks

Nonfat Milk, 1% Milk

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ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH  
VEGETABLE AND A DRINK



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# DECEMBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> - Meat Lover's Pizza - Cheese Pizza
<b>4</b> - Hamburger - Pasta W/ Olive Oil & Cheese	<b>5</b> - Chicken Parmesan W/ Pasta - Bagel Kit	<b>6</b> - Veggie Chow Mein - Pesto Caprese Salad	<b>7</b> - Breaded Chicken Sandwich - Penne Pasta W/ Marinara & Mozzarella	<b>8</b> - Meat Lover's Pizza - Cheese Pizza
<b>11</b> - Broccoli Cheddar Potato Bowl W/ Roll - Turkey And Cheese Sandwich	<b>12</b> - Beef Hot Dog - Bagel Kit	<b>13</b> - Wet Beef Burrito - Pasta Primavera	<b>14</b> - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W / Marinara Sauce	<b>15</b> - Meat Lover's Pizza - Cheese Pizza
<b>18</b> - Chicken Burrito - Vegan Red Beans & Rice - Sunbutter & Jelly Sandwich	<b>19</b> - Chicken Corn Dog - Bagel Kit	<b>20</b> - Teriyaki Chicken W/ Rice & Veggies - Cheesy Bean Dip W/ Tortilla Chips	<b>21</b> - Chicken Noodle Soup - Cheese Quesadilla	<b>22</b> - Turkey And Cheese Sandwich
<b>25</b> No meal service	<b>26</b> No meal service	<b>27</b> No meal service	<b>28</b> No meal service	<b>29</b> No meal service

## Drinks

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ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH VEGETABLE AND A DRINK



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# DECEMBER 2023 BREAKFAST



Date	Menu Item	Count	Allergens
Friday 1	Breakfast Cereal	12	Wheat, Soy, Milk, Pork, Beef
	Sunbutter & Jelly Sandwich	10	Wheat, Soy
	Breakfast Cereal	30	Wheat, Soy, Milk, Pork, Beef
Monday 4	Hard Boiled Egg W/ Muffin	1	Milk, Soy, Wheat, Egg
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Tuesday 5	Breakfast Muffin	1	Wheat, Soy, Egg, Milk
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Wednesday 6	Bagel W/ Cream Cheese	1	Wheat, Soy, Milk
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Thursday 7	Yogurt W/ Grahams	1	Wheat, Soy, Milk
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Friday 8	Cherry Frudel	1	Wheat, Soy, Egg, Milk
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Monday 11	Sunbutter & Jelly Sandwich	1	Wheat, Soy
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Tuesday 12	Breakfast Muffin	1	Wheat, Soy, Egg, Milk
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Wednesday 13	Bagel W/ Cream Cheese	1	Wheat, Soy, Milk
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Thursday 14	Apple Cinnamon Frudel	Veg 1	Wheat, Soy, Egg, Milk
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Friday 15	Yogurt Berry Parfait & Muffin	1	Wheat, Egg, Milk, Soy
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Monday 18	Breakfast Scones	1	Wheat, Soy, Egg, Milk
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Tuesday 19	String Cheese And Mini Muffin	1	Milk, Wheat, Soy, Egg
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Wednesday 20	Cheesy Cornbread Muffin	1	Wheat, Soy, Egg, Milk
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Thursday 21	Yogurt W/ Grahams	1	Wheat, Soy, Milk
	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef
Friday 22	Breakfast Cereal	1	Wheat, Soy, Milk, Pork, Beef

601 Taylor Way, San Carlos, CA 94070



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# DECEMBER 2023

## Vegan / Gluten Free



Date	Menu Item		Count	Allergens
<b>Monday 27</b>	Vegan Fried Rice	V	6	Soy, Sesame
<b>Tuesday 28</b>	Vegan Bean Burrito Bowl	V	10	Tomato, Soy
<b>Wednesday 29</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V	40	Tomato, Soy
<b>Thursday 30</b>	Myo Vegan Tacos	V	14	Soy
<b>Friday 1</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	12	Tomato, Soy
<b>Monday 4</b>	Vegan Spanish Beans W/ Rice		1	Tomato, Soy
<b>Tuesday 5</b>	Vegan Fried Rice	V	1	Soy, Sesame
<b>Wednesday 6</b>	Vegan Bean Burrito Bowl	V	1	Tomato, Soy
<b>Thursday 7</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V	1	Tomato, Soy
<b>Friday 8</b>	Myo Vegan Tacos	V	1	Soy
<b>Monday 11</b>	Vegan Chickpea Tikka Masala	V	1	Tomato, Soy
<b>Tuesday 12</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	1	Tomato, Soy
<b>Wednesday 13</b>	Vegan Spanish Beans W/ Rice		1	Tomato, Soy
<b>Thursday 14</b>	Vegan Fried Rice	V	1	Soy, Sesame
<b>Friday 15</b>	Vegan Bean Burrito Bowl	V	1	Tomato, Soy
<b>Monday 18</b>	Vegan Red Beans & Rice	V	1	Tomato
<b>Tuesday 19</b>	Myo Vegan Tacos	V	1	Soy
<b>Wednesday 20</b>	Vegan Chickpea Tikka Masala	V	1	Tomato, Soy
<b>Thursday 21</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	1	Tomato, Soy

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# DECEMBER 2023

## LUNCH



Date	Menu Item	Count	Allergens
Friday 1	Meat Lover's Pizza	42	Wheat, Soy, Milk, Pork, Chicken, Tomato
	Cheese Pizza	60	Wheat, Soy, Milk, Tomato
Monday 4	Hamburger	1	Beef, Wheat, Soy
	Pasta W/ Olive Oil & Cheese	1	Wheat, Milk
Tuesday 5	Chicken Parmesan W/ Pasta	1	Wheat, Soy, Milk, Tomato, Chicken
	Bagel Kit	1	Wheat, Milk
Wednesday 6	Veggie Chow Mein	1	Wheat, Soy, Egg, Sesame
	Pesto Caprese Salad	1	Wheat, Milk, Tomato
Thursday 7	Breaded Chicken Sandwich	1	Wheat, Soy, Milk, Chicken, Sesame
	Penne Pasta W/ Marinara & Mozzarella	1	Wheat, Milk, Tomato
Friday 8	Meat Lover's Pizza	1	Wheat, Soy, Milk, Pork, Chicken, Tomato
	Cheese Pizza	1	Wheat, Soy, Milk, Tomato
Monday 11	Broccoli Cheddar Potato Bowl W/ Roll	1	Wheat, Milk, Soy, Egg
	Turkey And Cheese Sandwich	1	Wheat, Milk, Turkey, Soy
Tuesday 12	Beef Hot Dog	1	Wheat, Beef, Soy
	Bagel Kit	1	Wheat, Milk
Wednesday 13	Wet Beef Burrito	1	Wheat, Soy, Milk, Beef
	Pasta Primavera	1	Wheat, Milk, Soy
Thursday 14	Chicken Nuggets W/ Rice Pilaf	1	Chicken, Soy, Wheat, Milk, Egg
	Cheese Ravioli W / Marinara Sauce	1	Egg, Milk, Wheat, Tomato
Friday 15	Meat Lover's Pizza	1	Wheat, Soy, Milk, Pork, Chicken, Tomato
	Cheese Pizza	1	Wheat, Soy, Milk, Tomato
Monday 18	Chicken Burrito	1	Milk, Chicken, Wheat, Tomato
	Vegan Red Beans & Rice	1	Tomato
	Sunbutter & Jelly Sandwich	1	Wheat, Soy
Tuesday 19	Chicken Corn Dog	1	Wheat, Soy, Egg, Chicken, Turkey, Sesame
	Bagel Kit	1	Wheat, Milk
Wednesday 20	Teriyaki Chicken W/ Rice & Veggies	1	Wheat, Soy, Chicken, Sesame
	Cheesy Bean Dip W/ Tortilla Chips	1	Milk, Soy
Thursday 21	Chicken Noodle Soup	1	Wheat, Chicken
	Cheese Quesadilla	1	Wheat, Milk
Friday 22	Turkey And Cheese Sandwich	1	Wheat, Milk, Turkey, Soy

