
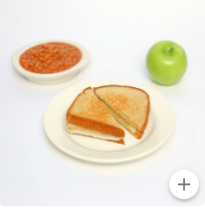
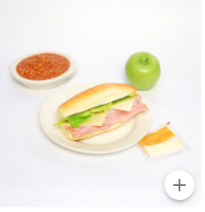




# Spreckels Elementary Breakfast & Lunch Menu

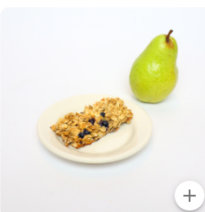

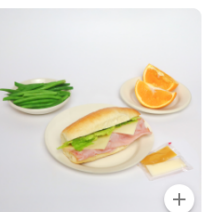
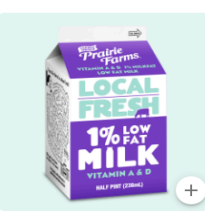
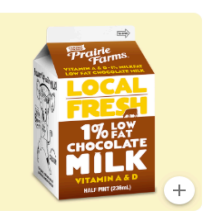
## Featuring fresh ingredients, prepared daily, healthy school meals

Week of January 12th-16th (Free for Students)  
Prepared Daily by Main Street Bakery and Catering

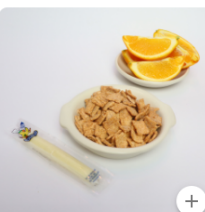
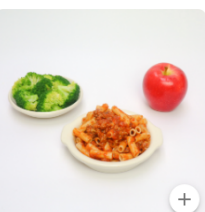
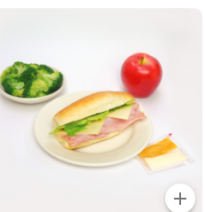
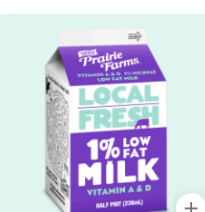
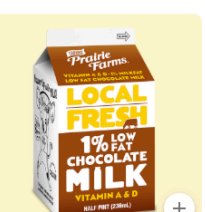
### Monday, January 12, 2026

 <p><b>Breakfast</b></p> <p><b>Cinnamon Toast Crunch &amp; String Cheese with Applesauce</b></p> <p>Vegetarian Tree-nut free Peanut free Egg free Seafood free Whole Grain Sesame free</p>	 <p><b>Lunch</b></p> <p><b>Grilled Cheese with Baked Beans &amp; Apple (K-8)</b></p> <p>Vegetarian Tree-nut free Peanut free Seafood free Whole Grain Sesame free</p>	 <p><b>Lunch</b></p> <p><b>Ham &amp; Cheese Sub with Baked Beans &amp; Apple (K-8)</b></p> <p>Tree-nut free Peanut free Seafood free Whole Grain Sesame free</p>	 <p><b>Drinks</b> \$0.00</p> <p><b>Lowfat Plain Milk Carton</b></p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>	 <p><b>Drinks</b> \$0.00</p> <p><b>Lowfat Chocolate Milk Carton</b></p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>
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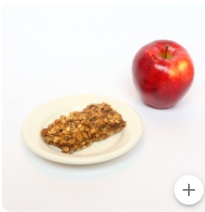

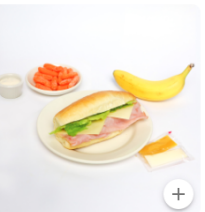
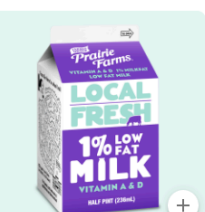
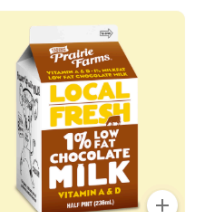
### Tuesday, January 13, 2026

 <p><b>Breakfast</b></p> <p><b>Housemade Blueberry Granola Bar with Pear</b></p> <p>Vegetarian Tree-nut free Peanut free Soy free Seafood free Whole Grain Sesame free</p>	 <p><b>Lunch</b></p> <p><b>Chicken &amp; Veggie Fried Rice with Fresh Green Beans &amp; Orange Wedges (K-8)</b></p> <p>Tree-nut free Peanut free Dairy free Egg free Seafood free Whole Grain Sesame free</p>	 <p><b>Lunch</b></p> <p><b>Ham &amp; Cheese Sub with Fresh Green Beans &amp; Orange Wedges (K-8)</b></p> <p>Tree-nut free Peanut free Seafood free Whole Grain Sesame free</p>	 <p><b>Drinks</b> \$0.00</p> <p><b>Lowfat Plain Milk Carton</b></p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>	 <p><b>Drinks</b> \$0.00</p> <p><b>Lowfat Chocolate Milk Carton</b></p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>
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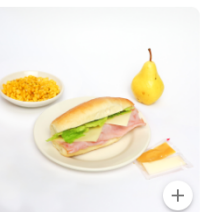
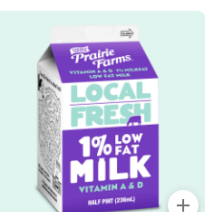
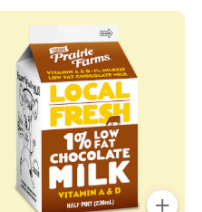
### Wednesday, January 14, 2026

 <p><b>Breakfast</b></p> <p><b>Cinnamon Toast Crunch &amp; String Cheese with Orange Wedges</b></p> <p>Vegetarian Tree-nut free Peanut free Egg free Seafood free Whole Grain Sesame free</p>	 <p><b>Lunch</b></p> <p><b>Italian Meat Sauce over Penne with Steamed Broccoli &amp; Apple (K-8)</b></p> <p>Tree-nut free Peanut free Dairy free Egg free Seafood free Whole Grain Sesame free</p>	 <p><b>Lunch</b></p> <p><b>Ham &amp; Cheese Sub with Steamed Broccoli &amp; Apple (K-8)</b></p> <p>Tree-nut free Peanut free Seafood free Whole Grain Sesame free</p>	 <p><b>Drinks</b> \$0.00</p> <p><b>Lowfat Plain Milk Carton</b></p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>	 <p><b>Drinks</b> \$0.00</p> <p><b>Lowfat Chocolate Milk Carton</b></p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>
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## Thursday, January 15, 2026

 <p><b>Breakfast</b></p> <p><b>Housemade Maple Oat Bar with Apple</b></p> <p>Vegetarian Tree-nut free Peanut free Soy free Seafood free Whole Grain Sesame free</p>	 <p><b>Lunch</b></p> <p><b>Chicken Nuggets &amp; Breadstick with Baby Carrots &amp; Banana (K-8)</b></p> <p>Tree-nut free Peanut free Seafood free Whole Grain</p>	 <p><b>Lunch</b></p> <p><b>Ham &amp; Cheese Sub with Baby Carrots &amp; Banana (K-8)</b></p> <p>Tree-nut free Peanut free Seafood free Whole Grain Sesame free</p>	 <p><b>Drinks</b></p> <p><b>Lowfat Plain Milk Carton</b></p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>	 <p><b>Drinks</b></p> <p><b>Lowfat Chocolate Milk Carton</b></p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>
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## Friday, January 16, 2026

 <p><b>Breakfast</b></p> <p><b>Cinnamon Toast Crunch &amp; String Cheese with Banana</b></p> <p>Vegetarian Tree-nut free Peanut free Egg free Seafood free Whole Grain Sesame free</p>	 <p><b>Lunch</b></p> <p><b>Pepperoni Pizza Calzone with Seasoned Corn &amp; Pear (K-8)</b></p> <p>Tree-nut free Peanut free Seafood free Whole Grain Sesame free</p>	 <p><b>Lunch</b></p> <p><b>Ham &amp; Cheese Sub with Seasoned Corn &amp; Pear (K-8)</b></p> <p>Tree-nut free Peanut free Seafood free Whole Grain Sesame free</p>	 <p><b>Drinks</b></p> <p><b>Lowfat Plain Milk Carton</b></p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>	 <p><b>Drinks</b></p> <p><b>Lowfat Chocolate Milk Carton</b></p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>
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*\*All meals are prepared utilizing a novel approach developed and managed by Ordo Inc. All district meals are prepared by Main Street Bakery and Catering, located on South Main Street in Salinas, providing restaurant-quality healthy meals while supporting the local economy. The vast majority of meals are made from scratch daily, meet the strict USDA standards for the National School Lunch Program, and provide a superior experience compared to traditional, district-prepared meals.*

*NOTE: Meal and/or item substitutions may occur based upon supply availability.*

For more information, please contact Bernard Burchette, Chief Business Official, at [bburchette@susd.net](mailto:bburchette@susd.net) or 831-455-2550 x 333.