



Pacific Grove Middle School Menu

October 2026

Menu is Subject to change

Breakfast

Yogurt Parfait
Fruit Smoothies
Overnight Oats
Low Sugar Sweet Breads
Conchas
Frudel Strudel
Egg Bites
Homemade Breakfast Burritos
Cereal
French Toast w/ Fresh Berries
Bagel and Cream Cheese
Offered with Fresh Fruit, Juice & Milk

Fresh Deli

Turkey Cheddar Bacon Ciabatta
Chicken Caesar Wrap
BLT Wrap
Chicken Caesar Salad
Breaker Snack Box

SPECIALS

Monday
Chicken Flautas with Avacado Crema
And Frijole Charros
Tuesday
Birria Loaded Baked Potato
(served with chips and fresh salsa)
Wednesday
Orange Chicken W/ Veggie Loaded Fried Rice
Thursday
Garlic Parmesan Pasta Bake w/ Texas Toast
Friday
BBQ Brisket Sandwich with Potato Wedges
And Cole Slaw

Favorites

Cheeseburger
Hamburger
Chicken Sandwich
Spicy Chicken Sandwich
Homemade Bean & Cheese Burrito
Bosco Mozz Sticks
Rib-B-Que Sandwich



THIS MONTH:

Welcome back !!!

We're shaking up our food lineup with exciting options, including overnight oats for breakfast and premium specials like Chicken Flautas or Beef Birria for lunch. Our meals feature a scratch-made, homemade flavor using fresh vegetables and herbs grown in our district garden.

****Gluten Free variations are available for most menu items upon request.**

Check with your sites kitchen staff.

Check us out on social media!

Facebook: Pacific Grove School Cafe

Instagram: pgusd_nutrition

This institution is an equal opportunity provider

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WG Smart Slice Pizza

Cheese
Pepperoni

