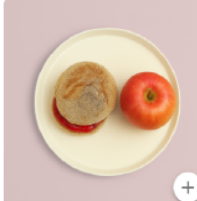
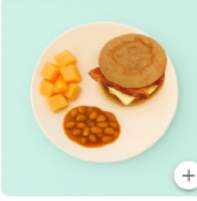
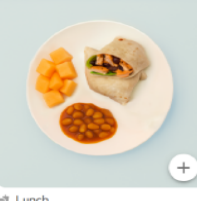




# Spreckels Elementary Breakfast & Lunch Menu

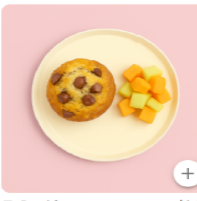
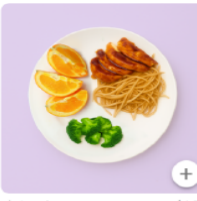
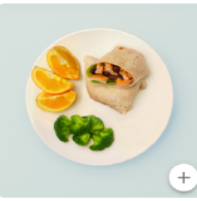
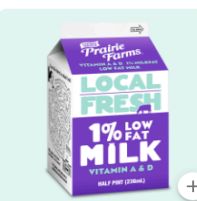
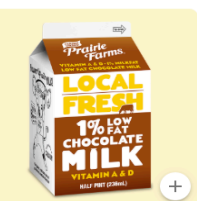
## Featuring fresh ingredients, prepared daily, healthy school meals

Week of December 1st-5th (Free for Students)  
Prepared Daily by Main Street Bakery and Catering


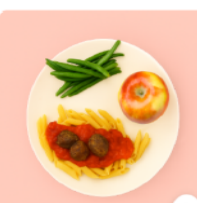
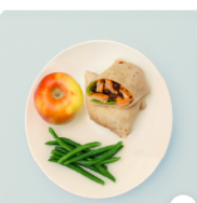


### Monday, December 1, 2025

 <p><b>Breakfast</b></p> <p><b>English Muffin and Jam with Fuji Apple</b></p> <p>Vegetarian Tree-nut free Peanut free Dairy free Egg free Seafood free</p>	 <p><b>Lunch</b></p> <p><b>Bacon, Egg &amp; Cheese Sando with Baked Beans &amp; Cantaloupe (K-8)</b></p> <p>Tree-nut free Peanut free Seafood free Whole Grain</p>	 <p><b>Lunch</b></p> <p><b>Chipotle Chicken Wrap with Baked Beans &amp; Cantaloupe (K-8)</b></p> <p>Tree-nut free Peanut free Dairy 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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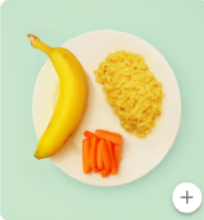



### Tuesday, November 2, 2025

 <p><b>Breakfast</b> \$2.20</p> <p><b>Housemade Banana Chip Muffin with Melon Medley</b></p> <p>Vegetarian Tree-nut free Peanut free Soy free Seafood free Whole Grain Sesame free</p>	 <p><b>Lunch</b> \$4.30</p> <p><b>Toriyaki Chicken &amp; Stir-Fry Noodles with Steamed Broccoli &amp; Orange Slices (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> \$4.30</p> <p><b>Chipotle Chicken Wrap with Steamed Broccoli &amp; Orange Slices (K-8)</b></p> <p>Tree-nut free Peanut free Dairy 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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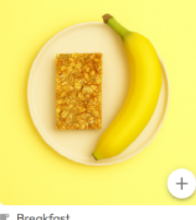
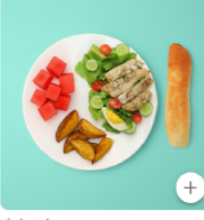
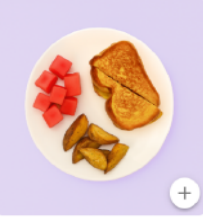


### Wednesday, November 3, 2025

 <p><b>Breakfast</b></p> <p><b>Housemade Blueberry Granola Bar with Orange Slices</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>Italian Meatballs &amp; Marinara Pasta with Steamed Green Beans &amp; Fuji Apple (K-8)</b></p> <p>Tree-nut free Peanut free Dairy free Seafood free Whole Grain</p>	 <p><b>Lunch</b></p> <p><b>Chipotle Chicken Wrap with Steamed Green Beans &amp; Fuji Apple (K-8)</b></p> <p>Tree-nut free Peanut free Dairy 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, November 4, 2025

 <p><b>Breakfast</b> \$2.20</p> <p><b>Honey Grahams &amp; Sunbutter Cup with Fuji Apple</b></p> <p>Vegetarian Tree-nut free Peanut free Soy free Seafood free Sesame free</p>	 <p><b>Lunch</b> \$4.30</p> <p><b>Creamy Cheddar Mac with Baby Carrots &amp; Banana (K-8)</b></p> <p>Vegetarian Tree-nut free Peanut free Egg free Soy free Seafood free Whole Grain Sesame free</p>	 <p><b>Lunch</b> \$4.30</p> <p><b>Chicken Cobb Salad &amp; Breadsticks with Baby Carrots &amp; Banana (K-8)</b></p> <p>Tree-nut free Peanut free Whole Grain</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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## Friday, November 5, 2025

 <p><b>Breakfast</b></p> <p><b>Scratch-Made Maple Oat Bar (Housemade) with Banana</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 Cobb Salad &amp; Breadsticks with Potato Wedges &amp; Watermelon (K-8)</b></p> <p>Tree-nut free Peanut free Whole Grain</p>	 <p><b>Lunch</b></p> <p><b>Grilled Cheese with Potato Wedges &amp; Watermelon (K-8)</b></p> <p>Vegetarian Tree-nut free Peanut free Egg free Seafood free Whole Grain</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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*\*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.