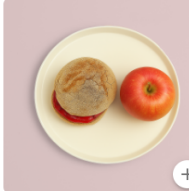
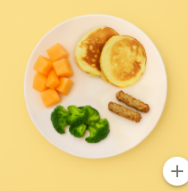
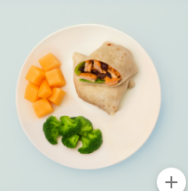
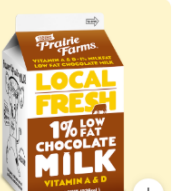


Spreckels Elementary Breakfast & Lunch Menu

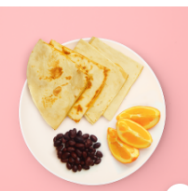
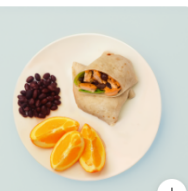
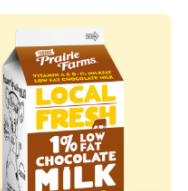
Featuring fresh ingredients, prepared daily, healthy school meals

Week of November 3rd-7th (Free for Students)
Prepared Daily by Main Street Bakery and Catering

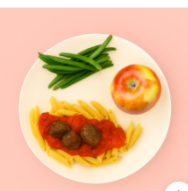
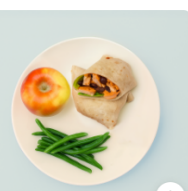
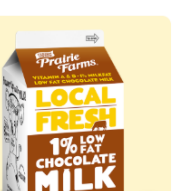
Monday, November 17, 2025

 ☞ Breakfast \$2.20 English Muffin and Jam with Fuji Apple Vegetarian Tree-nut free Peanut free Dairy free Egg free Seafood free	 ☞ Lunch \$4.30 Turkey Sausage & Cinnamon Pancakes with Steamed Broccoli & Cantaloupe (K-8) Tree-nut free Peanut free Seafood free Whole Grain Sesame free	 ☞ Lunch \$4.30 Chipotle Chicken Wrap with Steamed Broccoli & Cantaloupe (K-8) Tree-nut free Peanut free Dairy free Seafood free Whole Grain Sesame free	 ☞ Drinks \$0.00 Lowfat Plain Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free	 ☞ Drinks \$0.00 Lowfat Chocolate Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free
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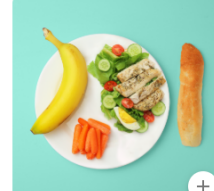
Tuesday, November 18, 2025

 ☞ Breakfast \$2.20 Housemade Banana Chip Muffin with Melon Medley Vegetarian Tree-nut free Peanut free Soy free Seafood free Whole Grain Sesame free	 ☞ Lunch \$4.30 Cheese Quesadilla with Black Beans & Orange Slices (K-8) Vegetarian Tree-nut free Peanut free Seafood free Whole Grain Sesame free	 ☞ Lunch \$4.30 Chipotle Chicken Wrap with Black Beans & Orange Slices (K-8) Tree-nut free Peanut free Dairy free Seafood free Whole Grain Sesame free	 ☞ Drinks \$0.00 Lowfat Plain Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free	 ☞ Drinks \$0.00 Lowfat Chocolate Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free
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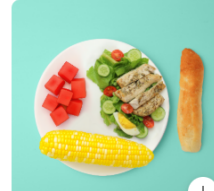
Wednesday, November 19, 2025

 ☞ Breakfast \$2.20 Housemade Blueberry Granola Bar with Orange Slices Vegetarian Tree-nut free Peanut free Soy free Seafood free Whole Grain Sesame free	 ☞ Lunch \$4.30 Italian Meatballs & Marinara Pasta with Steamed Green Beans & Fuji Apple (K-8) Tree-nut free Peanut free Dairy free Seafood free Whole Grain	 ☞ Lunch \$4.30 Chipotle Chicken Wrap with Steamed Green Beans & Fuji Apple (K-8) Tree-nut free Peanut free Dairy free Seafood free Whole Grain Sesame free	 ☞ Drinks \$0.00 Lowfat Plain Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free	 ☞ Drinks \$0.00 Lowfat Chocolate Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free
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Thursday, November 20, 2025

 Breakfast \$2.20 Honey Grahams & Sunbutter Cup with Fuji Apple Vegetarian Tree-nut free Peanut free Soy free Seafood free Sesame free	 Lunch \$4.30 Roasted Chicken & Cheddar Sando with Baby Carrots & Banana (K-8) Tree-nut free Peanut free Egg free Seafood free	 Lunch \$4.30 Chicken Cobb Salad & Breadsticks with Baby Carrots & Banana (K-8) Tree-nut free Peanut free Whole Grain	 Drinks \$0.00 Lowfat Plain Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free	 Drinks \$0.00 Lowfat Chocolate Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free
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Friday, November 21, 2025

 Breakfast \$2.20 Scratch-Made Maple Oat Bar (Housemade) with Banana Vegetarian Tree-nut free Peanut free Soy free Seafood free Whole Grain Sesame free	 Lunch \$4.30 Scratch-Made Chicken Tenders & Breadsticks with Corn on the Cob & Watermelon (K-8) Tree-nut free Peanut free Whole Grain	 Lunch \$4.30 Chicken Cobb Salad & Breadsticks with Corn on the Cob & Watermelon (K-8) Tree-nut free Peanut free Whole Grain	 Drinks \$0.00 Lowfat Plain Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free	 Drinks \$0.00 Lowfat Chocolate Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free
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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 or 831-455-2550 x 333.