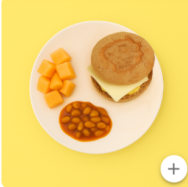
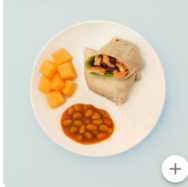
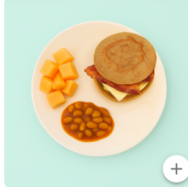


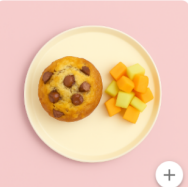
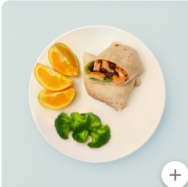
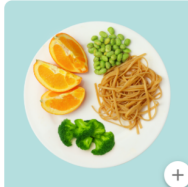
Spreckels Union Breakfast & Lunch Menu

Featuring scratch-made, healthy school meals

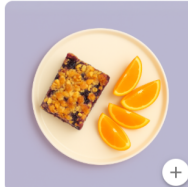
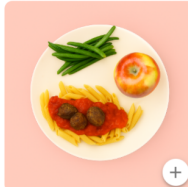
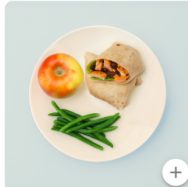
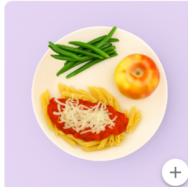
Mon, Nov 3

					
Breakfast English Muffin and Jam with Fuji Apple	Lunch Egg & Cheese Sando with Baked Beans & Cantaloupe (K-8)	Lunch Chipotle Chicken Wrap with Baked Beans & Cantaloupe (K-8)	Lunch Bacon, Egg & Cheese Sando with Baked Beans & Cantaloupe (K-8)	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
Vegetarian Tree-nut free	Vegetarian Tree-nut free	Tree-nut free Peanut free	Tree-nut free Peanut free	Vegetarian Gluten free	Vegetarian Gluten free
Peanut free Dairy free	Peanut free Seafood free	Dairy free Seafood free	Seafood free Whole Grain	Tree-nut free Peanut free	Tree-nut free Peanut free
Egg free Seafood free		Whole Grain Sesame free		Egg free Soy free	Egg free Soy free
				Seafood free Sesame free	Seafood free Sesame free

Tue, Nov 4

					
Breakfast Housemade Banana Chip Muffin with Melon Medley	Lunch Teriyaki Chicken & Stir-Fry Noodles with Steamed Broccoli & Orange Slices (K-8)	Lunch Chipotle Chicken Wrap with Steamed Broccoli & Orange Slices (K-8)	Lunch Edamame & Stir-Fry Noodles with Steamed Broccoli & Orange Slices (K-8)	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
Vegetarian Tree-nut free	Tree-nut free Peanut free	Tree-nut free Peanut free	Vegetarian Tree-nut free	Vegetarian Gluten free	Vegetarian Gluten free
Peanut free Soy free	Dairy free Egg free	Dairy free Seafood free	Peanut free Dairy free Vegan	Tree-nut free Peanut free	Tree-nut free Peanut free
Seafood free Whole Grain	Seafood free Whole Grain	Whole Grain Sesame free	Egg free Seafood free	Egg free Soy free	Egg free Soy free
Sesame free	Sesame free		Whole Grain Sesame free	Seafood free Sesame free	Seafood free Sesame free

Wed, Nov 5

					
Breakfast Housemade Blueberry Granola Bar with Orange Slices	Lunch Italian Meatballs & Marinara Pasta with Steamed Green Beans & Fuji Apple (K-8)	Lunch Chipotle Chicken Wrap with Steamed Green Beans & Fuji Apple (K-8)	Lunch Cheesy Marinara Pasta with Steamed Green Beans & Fuji Apple (K-8)	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
Vegetarian Tree-nut free	Tree-nut free Peanut free	Tree-nut free Peanut free	Vegetarian Tree-nut free	Vegetarian Gluten free	Vegetarian Gluten free
Peanut free Soy free	Dairy free Seafood free	Dairy free Seafood free	Peanut free Soy free	Tree-nut free Peanut free	Tree-nut free Peanut free
Seafood free Whole Grain	Whole Grain	Whole Grain Sesame free	Seafood free Sesame free	Egg free Soy free	Egg free Soy free
Sesame free				Seafood free Sesame free	Seafood free Sesame free

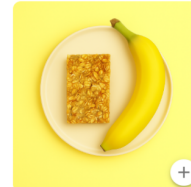
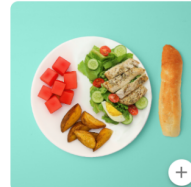
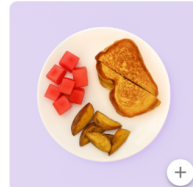
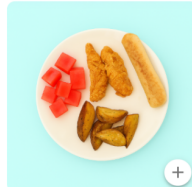
Spreckels Union Breakfast & Lunch Menu

Featuring scratch-made, healthy school meals

Thu, Nov 6

					
Breakfast Honey Grahams & Sunbutter Cup with Fuji Apple	Lunch BBQ Pork Sando with Baby Carrots & Banana (K-8)	Lunch Creamy Cheddar Mac with Baby Carrots & Banana (K-8)	Lunch Chicken Cobb Salad & Breadsticks with Baby Carrots & Banana (K-8)	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
Vegetarian Tree-nut free	Tree-nut free Peanut free	Vegetarian Tree-nut free	Tree-nut free Peanut free	Vegetarian Gluten free	Vegetarian Gluten free
Peanut free Soy free	Dairy free Egg free	Peanut free Egg free Soy free	Whole Grain	Tree-nut free Peanut free	Tree-nut free Peanut free
Seafood free Sesame free	Seafood free Whole Grain	Seafood free Sesame free		Egg free Soy free	Egg free Soy free
				Seafood free Sesame free	Seafood free Sesame free

Fri, Nov 7

					
Breakfast Scratch-Made Maple Oat Bar (Housemade) with Banana	Lunch Chicken Cobb Salad & Breadsticks with Potato Wedges & Watermelon (K-8)	Lunch Grilled Cheese with Potato Wedges & Watermelon (K-8)	Lunch Scratch-Made Chicken Tenders & Breadsticks with Potato Wedges & Watermelon (K-8)	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
Vegetarian Tree-nut free	Tree-nut free Peanut free	Vegetarian Tree-nut free	Tree-nut free Peanut free	Vegetarian Gluten free	Vegetarian Gluten free
Peanut free Soy free	Whole Grain	Peanut free Egg free	Whole Grain	Tree-nut free Peanut free	Tree-nut free Peanut free
Seafood free Sesame free		Seafood free Whole Grain		Egg free Soy free	Egg free Soy free
				Seafood free Sesame free	Seafood free Sesame free