

Spreckels Union Breakfast & Lunch Menu

Featuring scratch-made, healthy school meals

Mon, Oct 27

					
Breakfast Blueberry Bagel & Cream Cheese with Fuji Apple Vegetarian Tree-nut free Peanut free Seafood free Whole Grain	Lunch Turkey Sausage & Baked French Toast with Steamed Broccoli & Cantaloupe (K-8) Tree-nut free Peanut free Seafood free Whole Grain	Lunch Turkey & Cheese Sub with Steamed Broccoli & Cantaloupe (K-8) Tree-nut free Peanut free Seafood free Whole Grain	Lunch Scrambled Eggs & Baked French Toast with Steamed Broccoli & Cantaloupe (K-8) Vegetarian Tree-nut free Peanut free Seafood free Whole Grain	Lowfat Plain Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free	Lowfat Chocolate Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free

Tue, Oct 28

					
Breakfast Housemade Cinnamon Apple Crumb Muffin with Melon Medley Vegetarian Tree-nut free Peanut free Soy free Seafood free Whole Grain Sesame free	Lunch Turkey & Cheese Sub with Steamed Green Beans & Orange Slices (K-8) Tree-nut free Peanut free Seafood free Whole Grain	Lunch Honey Orange Chicken & Brown Rice with Steamed Green Beans & Orange Slices (K-8) Tree-nut free Peanut free Dairy free Egg free Seafood free Whole Grain Sesame free	Lunch Cheese Quesadilla with Steamed Green Beans & Orange Slices (K-8) Vegetarian Tree-nut free Peanut free Egg free Seafood free Whole Grain Sesame free	Lowfat Plain Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free	Lowfat Chocolate Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free

Wed, Oct 29

					
Breakfast Housemade Choco Chip Granola Bar with Orange Slices Vegetarian Tree-nut free Peanut free Soy free Seafood free Whole Grain Sesame free	Lunch Swedish Meatballs & Buttered Noodles with Baked Beans & Fuji Apple (K-8) Tree-nut free Peanut free Seafood free Whole Grain	Lunch Creamy Cheddar Mac with Baked Beans & Fuji Apple (K-8) Vegetarian Tree-nut free Peanut free Egg free Soy free Seafood free Whole Grain Sesame free	Lunch Turkey & Cheese Sub with Baked Beans & Fuji Apple (K-8) Tree-nut free Peanut free Seafood free Whole Grain	Lowfat Plain Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free	Lowfat Chocolate Milk Carton Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free

Thu, Oct 30



Breakfast

Housemade Glazed Cinnamon Bread with Fuji Apple

Vegetarian Tree-nut free
Peanut free Soy free
Seafood free Whole Grain
Sesame free



Lunch

Cheese Pizza Calzone with Baby Carrots & Banana (K-8)

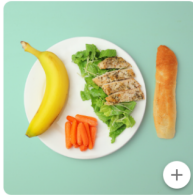
Vegetarian Tree-nut free
Peanut free Egg free
Seafood free Whole Grain



Lunch

Pepperoni Pizza Calzone with Baby Carrots & Banana (K-8)

Tree-nut free Peanut free
Egg free Seafood free
Whole Grain



Lunch

Chicken Caesar Salad & Breadsticks with Baby Carrots & Banana (K-8)

Vegetarian Tree-nut free
Peanut free Whole Grain



Lowfat Plain Milk Carton

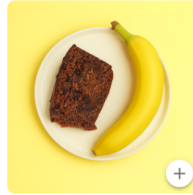
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free



Lowfat Chocolate Milk Carton

Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free

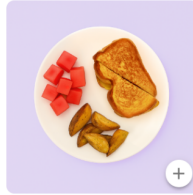
Fri, Oct 31



Breakfast

Housemade Chocolate Zucchini Bread with Banana

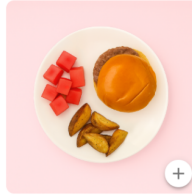
Vegetarian Tree-nut free
Peanut free Soy free
Seafood free Whole Grain
Sesame free



Lunch

Grilled Cheese with Potato Wedges & Watermelon (K-8)

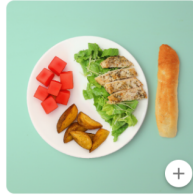
Vegetarian Tree-nut free
Peanut free Egg free
Seafood free Whole Grain



Lunch

Hamburger with Potato Wedges & Watermelon (K-8)

Tree-nut free Peanut free
Dairy free Egg free
Seafood free Whole Grain



Lunch

Chicken Caesar Salad & Breadsticks with Potato Wedges & Watermelon (K-8)

Vegetarian Tree-nut free
Peanut free Whole Grain



Lowfat Plain Milk Carton

Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free



Lowfat Chocolate Milk Carton

Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free