

# BULLIS CHARTER SCHOOL

## OCTOBER 2023

### Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> - Beef Fajita Bowl - South Of The Border Chili W/ Tortilla Chips - Turkey & Cheese On Dutch Crunch - Chicken Caesar Wrap	<b>3</b> - Big Ted's Chicken Calzone - Zoe's Cheese Ravioli W/ Marinara Sauce - Sunbutter & Jelly Sandwich - Bagel Kit	<b>4</b> - Mr. Mike's Bbq Chicken Sandwich - Pasta X Plosion! - Summer Corn & Tomato Pasta Salad - Big Kahuna Tuna Wrap	<b>5</b> - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Cheesy Breadsticks W/ Marinara Sauce - Chicken Bacon Ranch Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips	<b>6</b> No meal service
<b>9</b> - Hamburger - Pasta W/ Olive Oil & Cheese - Sunbutter & Jelly Sandwich - Chicken Fajita Wrap	<b>10</b> - Chicken Parmesan W/ Pasta - Bean And Cheese Burrito - Chicken Caesar Wrap - Bagel Kit	<b>11</b> - Beef Burrito - Veggie Chow Mein - Yogurt Berry Parfait & Muffin - Pesto Caprece Salad	<b>12</b> - Breaded Chicken Sandwich - Mac And Cheese - Farmer's Market Egg Salad W/ Roll - Turkey And Cheddar On A Hoagie	<b>13</b> - Pepperoni Pizza - Cheese Pizza - Mareina's Chicken Caesar Salad W/ Roll - Italian Deli Sub
<b>16</b> - Papou's Greek Chicken & Rice Pilaf - Broccoli Cheddar Potato Bowl W/ Roll - Turkey And Cheese Sandwich - Chicken Pesto Wrap	<b>17</b> - Beef Hot Dog - Veggie Fried Rice - Bagel Kit - Turkey & Cheese On Dutch Crunch	<b>18</b> - Wet Beef Burrito - Pasta Primavera - Chicken Bacon Ranch Salad W/ Roll - Smoked Chicken Wrap	<b>19</b> - Chicken Nuggets W/ Rice Pilaf - Zoe's Cheese Ravioli W/ Marinara Sauce - Tuna Sandwich - Chicken Caesar Wrap	<b>20</b> - Pepperoni Pizza - Cheese Pizza - Asian Chicken Wrap - Santa Fe Chicken Salad
<b>23</b> - Chicken Burrito - Vegan Red Beans & Rice - Sunbutter & Jelly Sandwich - Spicy Chicken Wrap	<b>24</b> - Chicken Corn Dog - Minestrone Soup & Roll - Bagel Kit - Italian Deli Sub	<b>25</b> - Teriyaki Chicken W/ Rice & Veggies - Cheesy Bean Dip W/ Tortilla Chips - Farmer's Market Chicken Salad W/ Roll - Breaded Chicken Wrap	<b>26</b> - Chicken Noodle Soup - Mac And Cheese - Breaded Chicken Salad - Egg Salad Sandwich	<b>27</b> - Pepperoni Pizza - Cheese Pizza - Mareina's Chicken Caesar Salad W/ Roll - Turkey And Cheese Sandwich
<b>30</b> - Beef And Broccoli Bowl - Pasta X Plosion! - Sunbutter & Jelly Sandwich - Chicken Fajita Wrap	<b>31</b> - Scary Jack's Meat Lover's Pizza - Morticia's Black Bean & Veggie Burrito - Calypso's Terrifying Teriyaki Chicken Sushi Bowl - Slimey's Ectoplasm Parfait W/ Bluescary Muffin			

### Drinks

1% Milk, Nonfat Milk



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT, FRESH VEGETABLE AND A DRINK.



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



(650) 596-8008



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# BULLIS CHARTER SCHOOL OCTOBER 2023

## Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> - Cheesy Cornbread Muffin - Breakfast Cereal	<b>3</b> - Breakfast Scones - Breakfast Cereal	<b>4</b> - Concha - Breakfast Cereal	<b>5</b> - Breakfast Muffins - Breakfast Cereal	<b>6</b> No meal service
<b>9</b> - Hard Boiled Egg W/ Muffin - Breakfast Cereal	<b>10</b> - Breakfast Muffins - Breakfast Cereal	<b>11</b> - Bagel W/ Cream Cheese - Breakfast Cereal	<b>12</b> - Yogurt With Grahams - Breakfast Cereal	<b>13</b> - Cherry Frudel - Breakfast Cereal
<b>16</b> - Sunbutter & Jelly Sandwich - Breakfast Cereal	<b>17</b> - Breakfast Muffins - Breakfast Cereal	<b>18</b> - Bagel W/ Cream Cheese - Breakfast Cereal	<b>19</b> - Apple Cinnamon Frudel - Breakfast Cereal	<b>20</b> - Yogurt With Muffin - Breakfast Cereal
<b>23</b> - Breakfast Scones - Breakfast Cereal	<b>24</b> - String Cheese And Mini Muffin - Breakfast Cereal	<b>25</b> - Cheesy Cornbread Muffin - Breakfast Cereal	<b>26</b> - Yogurt With Grahams - Breakfast Cereal	<b>27</b> - Breakfast Muffins - Breakfast Cereal
<b>30</b> - Bagel W/ Cream Cheese - Breakfast Cereal	<b>31</b> - Breakfast Scones - Breakfast Cereal	<b>1</b>	<b>2</b>	<b>3</b>

### Drinks

1% Milk, Nonfat Milk



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# BULLIS CHARTER SCHOOL - NORTH CAMPUS - BULK

## OCTOBER

Vegan / Gluten Free



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> - Vegan Bean Burrito Bowl	<b>3</b> - Vegan 3 Bean Chili W/ T.Chips	<b>4</b> - Myo Vegan Tacos	<b>5</b> - Vegan Chickpea Tikka Masala	<b>6</b> No meal service
<b>9</b> - Vegan Spanish Beans W/ Rice	<b>10</b> - Vegan Fried Rice	<b>11</b> - Vegan Bean Burrito Bowl	<b>12</b> - Vegan 3 Bean Chili W/ T.Chips	<b>13</b> - Myo Vegan Tacos
<b>16</b> - Vegan Chickpea Tikka Masala	<b>17</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>18</b> - Vegan Spanish Beans W/ Rice	<b>19</b> - Vegan Fried Rice	<b>20</b> - Vegan Bean Burrito Bowl
<b>23</b> - Vegan 3 Bean Chili W/ T.Chips	<b>24</b> - Myo Vegan Tacos	<b>25</b> - Vegan Chickpea Tikka Masala	<b>26</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>27</b> - Vegan Spanish Beans W/ Rice
<b>30</b> - Vegan Fried Rice	<b>31</b> - Vegan Bean Burrito Bowl	<b>1</b>	<b>2</b>	<b>3</b>

### Drinks

1% Milk, Nonfat Milk



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT, FRESH VEGETABLE AND A DRINK.



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

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# BULLIS CHARTER SCHOOL

## OCTOBER 2023

## Lunch Menu



Date	Menu Item	Allergens
<b>Monday 2</b>	Beef Fajita Bowl	Beef
	South Of The Border Chili W/ Tortilla Chips	Veg Milk, Tomato
	Turkey & Cheese On Dutch Crunch	Turkey, Wheat, Milk
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
<b>Tuesday 3</b>	Big Ted's Chicken Calzone	Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame
	Zoe's Cheese Ravioli W/ Marinara Sauce	Egg, Milk, Wheat, Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Wednesday 4</b>	Mr. Mike's Bbq Chicken Sandwich	Chicken, Wheat, Soy, Milk, Tomato
	Pasta X Plosion!	Wheat, Milk, Tomato
	Summer Corn & Tomato Pasta Salad	Wheat, Milk, Soy, Tomato
	Big Kahuna Tuna Wrap	Wheat, Soy, Egg, Milk, Fish
<b>Thursday 5</b>	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheesy Breadsticks W/ Marinara Sauce	Wheat, Soy, Milk, Tomato
	Chicken Bacon Ranch Wrap	Wheat, Milk, Pork, Chicken, Egg, Tomato
	Southwest Veggie Taco Salad W/ Tortilla Chips	Milk, Soy, Tomato, Egg
<b>Monday 9</b>	Hamburger	Beef, Wheat, Soy
	Pasta W/ Olive Oil & Cheese	Wheat, Milk
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Chicken Fajita Wrap	Wheat, Soy, Egg, Milk, Chicken, Tomato
<b>Tuesday 10</b>	Chicken Parmesan W/ Pasta	Wheat, Soy, Milk, Tomato, Chicken
	Bean And Cheese Burrito	Milk, Wheat, Soy
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
	Bagel Kit	Wheat, Milk
<b>Wednesday 11</b>	Beef Burrito	Wheat, Milk, Soy, Beef
	Veggie Chow Mein	Wheat, Soy, Egg, Sesame
	Yogurt Berry Parfait & Muffin	Wheat, Egg, Milk, Soy
	Pesto Caprece Salad	Wheat, Milk, Tomato
<b>Thursday 12</b>	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame
	Mac And Cheese	Wheat, Milk
	Farmer's Market Egg Salad W/ Roll	Wheat, Egg, Soy, Milk
	Turkey And Cheddar On A Hoagie	Wheat, Milk, Turkey
<b>Friday 13</b>	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Mareina's Chicken Caesar Salad W/ Roll	Milk, Chicken, Wheat, Egg, Soy, Fish
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey
<b>Monday 16</b>	Papou's Greek Chicken & Rice Pilaf	Chicken
	Broccoli Cheddar Potato Bowl W/ Roll	Wheat, Milk, Soy, Egg
	Turkey And Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Chicken Pesto Wrap	Chicken, Wheat, Milk, Soy

601 Taylor Way, San Carlos, CA 94070

# BULLIS CHARTER SCHOOL

## OCTOBER 2023

### Lunch Menu (continued)



Date	Menu Item	Allergens
<b>Tuesday 17</b>	Beef Hot Dog	Wheat, Beef, Soy
	Veggie Fried Rice	Egg, Wheat, Soy
	Bagel Kit	Wheat, Milk
	Turkey & Cheese On Dutch Crunch	Turkey, Wheat, Milk
<b>Wednesday 18</b>	Wet Beef Burrito	Wheat, Soy, Milk, Beef
	Pasta Primavera	Wheat, Milk, Soy
	Chicken Bacon Ranch Salad W/ Roll	Pork, Milk, Chicken, Wheat, Egg, Tomato, Soy
	Smoked Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Tomato
<b>Thursday 19</b>	Chicken Nuggets W/ Rice Pilaf	Chicken, Soy, Wheat, Milk, Egg
	Zoe's Cheese Ravioli W/ Marinara Sauce	Egg, Milk, Wheat, Tomato
	Tuna Sandwich	Wheat, Egg, Fish, Soy
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
<b>Friday 20</b>	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Asian Chicken Wrap	Wheat, Soy, Milk, Chicken, Sesame
	Santa Fe Chicken Salad	Chicken, Milk, Tomato, Soy, Egg
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<b>Monday 23</b>	Chicken Burrito	Milk, Chicken, Wheat, Tomato
	Vegan Red Beans & Rice	Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Spicy Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
<b>Tuesday 24</b>	Chicken Corn Dog	Wheat, Soy, Egg, Chicken, Turkey, Sesame
	Minestrone Soup & Roll	Tomato, Wheat, Soy, Milk, Egg
	Bagel Kit	Wheat, Milk
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey
<b>Wednesday 25</b>	Teriyaki Chicken W/ Rice & Veggies	Wheat, Soy, Chicken, Sesame
	Cheesy Bean Dip W/ Tortilla Chips	Milk, Soy
	Farmer's Market Chicken Salad W/ Roll	Wheat, Soy, Egg, Milk, Chicken
	Breaded Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
<b>Thursday 26</b>	Chicken Noodle Soup	Wheat, Chicken
	Mac And Cheese	Wheat, Milk
	Breaded Chicken Salad	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Egg Salad Sandwich	Egg, Wheat, Soy
<b>Friday 27</b>	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Mareina's Chicken Caesar Salad W/ Roll	Milk, Chicken, Wheat, Egg, Soy, Fish
	Turkey And Cheese Sandwich	Wheat, Milk, Turkey, Soy
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<b>Monday 30</b>	Beef And Broccoli Bowl	Wheat, Soy, Beef, Sesame
	Pasta X Plosion!	Wheat, Milk, Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Chicken Fajita Wrap	Wheat, Soy, Egg, Milk, Chicken, Tomato

BULLIS CHARTER SCHOOL  
**OCTOBER 2023**

Lunch Menu  
(continued)



Date	Menu Item	Allergens
Tuesday 31	Scary Jack's Meat Lover's Pizza	Wheat, Soy, Milk, Chicken, Tomato
	Morticia's Black Bean & Veggie Burrito	Wheat, Tomato
	Calypso's Terrifying Teriyaki Chicken Sushi Bowl	Wheat, Soy, Chicken, Sesame
	Slimey's Ectoplasm Parfait W/ Bluescary Muffin	Wheat, Egg, Milk, Soy

BULLIS CHARTER SCHOOL  
**OCTOBER 2023**

Breakfast  
 Menu



Date	Menu Item	Allergens
<b>Monday 2</b>	Cheesy Cornbread Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 3</b>	Breakfast Scones	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 4</b>	Concha	Wheat, Milk, Egg, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Thursday 5</b>	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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<b>Monday 9</b>	Hard Boiled Egg W/ Muffin	Milk, Soy, Wheat, Egg
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 10</b>	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 11</b>	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Thursday 12</b>	Yogurt With Grahams	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Friday 13</b>	Cherry Frudel	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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<b>Monday 16</b>	Sunbutter & Jelly Sandwich	Wheat, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 17</b>	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 18</b>	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Thursday 19</b>	Apple Cinnamon Frudel	Veg Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Friday 20</b>	Yogurt With Muffin	Milk, Soy, Wheat, Egg
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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<b>Monday 23</b>	Breakfast Scones	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 24</b>	String Cheese And Mini Muffin	Milk, Wheat, Soy, Egg
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 25</b>	Cheesy Cornbread Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Thursday 26</b>	Yogurt With Grahams	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef



BULLIS CHARTER SCHOOL  
**OCTOBER 2023**

Breakfast  
Menu  
(continued)



Date	Menu Item	Allergens
Friday 27	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Monday 30	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 31	Breakfast Scones	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef

BULLIS CHARTER SCHOOL  
**OCTOBER 2023**

Vegan / Gluten  
 Free Menu



Date	Menu Item	Allergens	
<b>Monday 2</b>	Vegan Bean Burrito Bowl	V	Tomato, Soy
<b>Tuesday 3</b>	Vegan 3 Bean Chili W/ T.Chips	V	Tomato, Soy
<b>Wednesday 4</b>	Myo Vegan Tacos	V	Soy
<b>Thursday 5</b>	Vegan Chickpea Tikka Masala	V	Tomato, Soy
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<b>Monday 9</b>	Vegan Spanish Beans W/ Rice		Tomato, Soy
<b>Tuesday 10</b>	Vegan Fried Rice	V	Soy, Sesame
<b>Wednesday 11</b>	Vegan Bean Burrito Bowl	V	Tomato, Soy
<b>Thursday 12</b>	Vegan 3 Bean Chili W/ T.Chips	V	Tomato, Soy
<b>Friday 13</b>	Myo Vegan Tacos	V	Soy
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<b>Monday 16</b>	Vegan Chickpea Tikka Masala	V	Tomato, Soy
<b>Tuesday 17</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
<b>Wednesday 18</b>	Vegan Spanish Beans W/ Rice		Tomato, Soy
<b>Thursday 19</b>	Vegan Fried Rice	V	Soy, Sesame
<b>Friday 20</b>	Vegan Bean Burrito Bowl	V	Tomato, Soy
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<b>Monday 23</b>	Vegan 3 Bean Chili W/ T.Chips	V	Tomato, Soy
<b>Tuesday 24</b>	Myo Vegan Tacos	V	Soy
<b>Wednesday 25</b>	Vegan Chickpea Tikka Masala	V	Tomato, Soy
<b>Thursday 26</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
<b>Friday 27</b>	Vegan Spanish Beans W/ Rice		Tomato, Soy
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<b>Monday 30</b>	Vegan Fried Rice	V	Soy, Sesame
<b>Tuesday 31</b>	Vegan Bean Burrito Bowl	V	Tomato, Soy