Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> - Chicken Burrito - Red Beans & Rice - Sunbutter & Jelly Sandwich - Spicy Chicken Wrap	<b>29</b> - Chicken Corn Dog - Minestrone Soup W/ Roll - Bagel Kit - Italian Deli Sub	<ul> <li><b>30</b> - Sweet And Sour Chicken</li> <li>- Cheesy Bean Dip W/ Tortilla Chips</li> <li>- Farmers Market Chicken Salad W/ Roll</li> <li>- Breaded Chicken Wrap</li> </ul>	<ul> <li>31 - Chicken Parmesan On A French</li> <li>- Mac And Cheese</li> <li>- Breaded Chicken Salad</li> <li>- Egg Salad Sandwich</li> </ul>	1 - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Roll - Turkey And Cheese Sandwich
4 No meal service	<ul> <li>5 - Chicken Calzone <ul> <li>Cheese Ravioli W/ Marinara</li> <li>Sauce</li> <li>Bagel Kit</li> <li>Turkey And Cheese</li> <li>Sandwich</li> </ul> </li> </ul>	<ul> <li>6 - Mr. Mike's Bbq Chicken Sandwich</li> <li>- Pasta X Plosion!</li> <li>- Summer Corn &amp; Tomato Pasta Salad</li> <li>- Sunbutter &amp; Jelly Sandwich</li> </ul>	<ul> <li>7 - Chicken Nuggets W/ Olive Oil &amp; Parmesan Pasta</li> <li>- Cheesy Breadsticks W/ Marinara Sauce</li> <li>- Chicken Bacon Ranch Wrap</li> <li>- Southwest Veggie Taco Salad W/ Tortilla Chips</li> </ul>	<b>8</b> - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Wrap - Italian Market Salad
<ul> <li>Hamburger</li> <li>Pasta W/ Olive Oil &amp;</li> <li>Parmesan</li> <li>Sunbutter &amp; Jelly Sandwich</li> <li>Chicken Caesar Wrap</li> </ul>	<ul> <li>12 - Chicken Parmesan W/ Pasta</li> <li>- Veggie Chow Mein</li> <li>- Chicken Salad On A Hoagie</li> <li>- Bagel Kit</li> </ul>	<ul> <li>13 - Pineapple Teriyaki Chicken W/ Rice</li> <li>- Cheese Quesadilla</li> <li>- Yogurt Berry Parfait W/ Muffin</li> <li>- Pesto Caprece Salad</li> </ul>	<ul> <li>Hat - Breaded Chicken Sandwich</li> <li>Mac And Cheese</li> <li>Farmers Market Egg Salad</li> <li>W/ Roll</li> <li>Turkey And Cheddar On A Hoagie</li> </ul>	<b>15</b> - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Roll - Italian Deli Sub
<ul> <li>18 - Greek Chicken &amp; Rice Pilaf</li> <li>- Broccoli Cheddar Potato</li> <li>Bowl W/ Roll</li> <li>- Turkey And Cheese</li> <li>Sandwich</li> <li>- Chicken Pesto Wrap</li> </ul>	<b>19</b> - Beef Hot Dog - Pasta W/ Marinara & Mozzarella - Bagel Kit - Turkey & Cheese On Dutch Crunch	20 - Spaghetti W/ Beef Meatsauce - Bean And Cheese Burrito - Chicken Bacon Ranch Salad W/ Roll - Smoked Chicken Wrap	<ul> <li>21 - Chicken Nuggets W/ Rice Pilaf <ul> <li>Cheese Ravioli W/ Marinara</li> <li>Sauce</li> <li>Tuna Sandwich</li> <li>Chicken Caesar Wrap</li> </ul> </li> </ul>	<b>22</b> - Pepperoni Pizza - Cheese Pizza - Asian Chicken Wrap - Santa Fe Chicken Salad
<b>25</b> - Chicken Burrito - Red Beans & Rice - Sunbutter & Jelly Sandwich - Spicy Chicken Wrap	<b>26</b> - Chicken Corn Dog - Minestrone Soup W/ Roll - Bagel Kit - Italian Deli Sub	<ul> <li>27 - Sesame Orange Chicken W/ Rice</li> <li>- Cheesy Bean Dip W/ Tortilla Chips</li> <li>- Farmers Market Chicken Salad W/ Roll</li> <li>- Breaded Chicken Wrap</li> </ul>	<ul> <li>28 - Bbq Chicken Quesadilla</li> <li>- Mac And Cheese</li> <li>- Breaded Chicken Salad</li> <li>- Egg Salad Sandwich</li> </ul>	29 - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Roll - Turkey And Cheese Sandwich



**Breakfast Menu** 



Monday	Tuesday	Wednesday	Thursday	Friday
<ul> <li>28 - Breakfast Scones</li> <li>- Breakfast Cereal</li> </ul>	<ul> <li>29 - Hard Boiled Egg W/ Muffin</li> <li>Breakfast Cereal</li> </ul>	<ul> <li>30 - Bagel W/ Cream Cheese</li> <li>Breakfast Cereal</li> </ul>	<ul> <li>31 - Yogurt W/ Grahams</li> <li>Breakfast Cereal</li> </ul>	<ul> <li>Apple Cinnamon Frudel</li> <li>Breakfast Cereal</li> </ul>
4 No meal service	<ul> <li>5 - Sunbutter &amp; Jelly Sandwich</li> <li>Breakfast Cereal</li> </ul>	<b>6</b> - Concha - Breakfast Cereal	<ul> <li>7 - Breakfast Muffins</li> <li>- Breakfast Cereal</li> </ul>	8 - Bagel W/ Cream Cheese - Breakfast Cereal
11 - Hard Boiled Egg W/ Muffin - Breakfast Cereal	12 - Breakfast Muffins - Breakfast Cereal	13 - Bagel W/ Cream Cheese - Breakfast Cereal	14 - Yogurt W/ Grahams - Breakfast Cereal	15 - Cherry Frudel - Breakfast Cereal
<ul> <li>18 - Breakfast Scones</li> <li>- Breakfast Cereal</li> </ul>	<ul> <li><b>19</b> - Breakfast Muffins</li> <li>Breakfast Cereal</li> </ul>	<ul> <li>20 - Cheesy Cornbread Muffin</li> <li>Breakfast Cereal</li> </ul>	21 - Apple Cinnamon Frudel - Breakfast Cereal	22 - Sunbutter & Jelly Sandwich - Breakfast Cereal
25 - Breakfast Scones - Breakfast Cereal	<ul> <li>26 - Hard Boiled Egg W/ Muffin</li> <li>Breakfast Cereal</li> </ul>	27 - Bagel W/ Cream Cheese - Breakfast Cereal	28 - Yogurt W/ Grahams - Breakfast Cereal	29 - Concha - Breakfast Cereal

**Drinks** 1% Milk, Nonfat Milk



Vegan / Gluten Free Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> - Vegan Fried Rice	<b>29</b> - Vegan Bean Burrito Bowl	30 - Vegan 3 Bean Chili W/ Tortilla Chips	<b>31</b> - Myo Vegan Tacos	1 - Vegan Fried Rice
4 No meal service	<b>5</b> - Vegan 3 Bean Chili W/ Tortilla Chips	<b>6</b> - Myo Vegan Tacos	<b>7</b> - Vegan Red Beans & Rice	<b>8</b> - Vegan Chickpea Tikka Masala
11 - Vegan Pinto Pozole W/ Tortilla Chips	12 - Vegan Spanish Beans W/ Rice	13 - Vegan Fried Rice	14 - Vegan Bean Burrito Bowl	<b>15</b> - Vegan 3 Bean Chili W/ Tortilla Chips
<b>18</b> - Myo Vegan Tacos	<b>19</b> - Vegan Red Beans & Rice	<b>20</b> - Vegan Chickpea Tikka Masala	<b>21</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>22</b> - Vegan Spanish Beans W/ Rice
<b>25</b> - Vegan Fried Rice	26 - Vegan Bean Burrito Bowl	27 - Vegan Pinto Pozole W/ Tortilla Chips	<b>28</b> - Vegan 3 Bean Chili W/ Tortilla Chips	<b>29</b> - Myo Vegan Tacos

**Drinks** 1% Milk, Nonfat Milk



#### Lunch Menu



Date	Menu Item	Allergens	
Monday 28	Chicken Burrito	Milk, Chicken, Wheat, Tomato	
	Red Beans & Rice	Tomato	
	Sunbutter & Jelly Sandwich	Wheat, Soy	
	Spicy Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame	
Tuesday 29	Chicken Corn Dog	Wheat, Soy, Egg, Chicken, Turkey, Sesame	
	Minestrone Soup W/ Roll	Tomato, Wheat, Soy, Milk, Egg	
	Bagel Kit	Wheat, Milk	
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey	
Wednesday 30	Sweet And Sour Chicken	Wheat, Soy, Egg, Milk, Chicken, Sesame	
	Cheesy Bean Dip W/ Tortilla Chips	Milk, Soy	
	Farmers Market Chicken Salad W/ Roll	Wheat, Soy, Egg, Milk, Chicken	
	Breaded Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame	
Thursday 31	Chicken Parmesan On A French	Wheat, Soy, Milk, Tomato, Chicken	
-	Mac And Cheese	Wheat, Milk	
	Breaded Chicken Salad	Wheat, Soy, Egg, Milk, Chicken, Tomato	
	Egg Salad Sandwich	Egg, Wheat, Soy	
Friday 1	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey	
	Cheese Pizza	Wheat, Soy, Milk, Tomato	
	Chicken Caesar Salad W/ Roll	Milk, Chicken, Wheat, Egg, Soy, Fish	
	Turkey And Cheese Sandwich	Wheat, Milk, Turkey, Soy	
		Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato,	
Tuesday 5	Chicken Calzone	Sesame	
-	Cheese Ravioli W/ Marinara Sauce	Egg, Milk, Wheat, Tomato	
	Bagel Kit	Wheat, Milk	
	Turkey And Cheese Sandwich	Wheat, Milk, Turkey, Soy	
Wednesday 6	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	
	Sunbutter & Jelly Sandwich	Wheat, Soy	
Thursday 7	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	
Friday 8	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey	
	Cheese Pizza	Wheat, Soy, Milk, Tomato	
	Bbq Chicken Wrap	Milk, Chicken, Wheat, Soy, Egg, Fish, Shellfish	
	Italian Market Salad	Wheat, Soy, Milk, Pork, Beef, Turkey	
Monday 11	Hamburger	Beef, Wheat, Soy	
	Pasta W/ Olive Oil & Parmesan	Wheat, Milk	
	Sunbutter & Jelly Sandwich	Wheat, Soy	
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish	
	601 Taylor Way, San Carlos	, CA 94070	

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#### Lunch Menu



Date	Menu Item	Allergens
Tuesday 12	Chicken Parmesan W/ Pasta	Wheat, Soy, Milk, Tomato, Chicken
	Veggie Chow Mein	Wheat, Soy, Egg, Sesame
	Chicken Salad On A Hoagie	Chicken, Egg, Milk, Wheat
	Bagel Kit	Wheat, Milk
Wednesday 13	Pineapple Teriyaki Chicken W/ Rice	Chicken, Wheat, Soy
· · · · · · · · · · · · · · · · · · ·	Cheese Quesadilla	Wheat, Milk
	Yogurt Berry Parfait W/ Muffin	Wheat, Egg, Milk, Soy
	Pesto Caprece Salad	Wheat, Milk, Tomato
Thursday 14	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame
-	Mac And Cheese	Wheat, Milk
	Farmers Market Egg Salad W/ Roll	Wheat, Egg, Soy, Milk
	Turkey And Cheddar On A Hoagie	Wheat, Milk, Turkey
Friday 15	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Chicken Caesar Salad W/ Roll	Milk, Chicken, Wheat, Egg, Soy, Fish
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey
Monday 18	Greek Chicken & Rice Pilaf	Chicken
wonday 10	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
Tuesday 19	Beef Hot Dog	Wheat, Beef, Soy
	Pasta W/ Marinara & Mozzarella	Wheat, Egg, Milk, Tomato
	Bagel Kit	Wheat, Milk
	Turkey & Cheese On Dutch Crunch	Turkey, Wheat, Milk
Wednesday 20	Spaghetti W/ Beef Meatsauce	Wheat, Egg, Beef, Milk, Tomato, Soy
	Bean And Cheese Burrito	Milk, Wheat, Soy
	Chicken Bacon Ranch Salad W/ Roll	Pork, Milk, Chicken, Wheat, Egg, Tomato, Soy
	Smoked Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Tomato
Thursday 21	Chicken Nuggets W/ Rice Pilaf	Chicken, Soy, Wheat, Milk, Egg
	Cheese Ravioli W/ Marinara Sauce	Egg, Milk, Wheat, Tomato
	Tuna Sandwich	Wheat, Egg, Fish, Soy
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
Friday 22	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
Monday 25	Chicken Burrito	Milk, Chicken, Wheat, Tomato
	Red Beans & Rice	Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Spicy Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
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#### Lunch Menu



Date	Menu Item	Allergens
Tuesday 26	Chicken Corn Dog	Wheat, Soy, Egg, Chicken, Turkey, Sesame
-	Minestrone Soup W/ Roll	Tomato, Wheat, Soy, Milk, Egg
	Bagel Kit	Wheat, Milk
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey
Wednesday 27	Sesame Orange Chicken W/ Rice	Wheat, Soy, Chicken, Sesame
	Cheesy Bean Dip W/ Tortilla Chips	Milk, Soy
	Farmers Market Chicken Salad W/ Roll	Wheat, Soy, Egg, Milk, Chicken
	Breaded Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
Thursday 28	Bbq Chicken Quesadilla	Wheat, Milk, Tomato, Chicken, Soy
	Mac And Cheese	Wheat, Milk
	Breaded Chicken Salad	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Egg Salad Sandwich	Egg, Wheat, Soy
Friday 29	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
-	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Chicken Caesar Salad W/ Roll	Milk, Chicken, Wheat, Egg, Soy, Fish
	Turkey And Cheese Sandwich	Wheat, Milk, Turkey, Soy



#### Breakfast Menu



Date	Menu Item		Allergens
Monday 28	Breakfast Scones		Wheat, Soy, Egg, Milk
-	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Tuesday 29	Hard Boiled Egg W/ Muffin		Milk, Soy, Wheat, Egg
-	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Wednesday 30	Bagel W/ Cream Cheese		Wheat, Soy, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Thursday 31	Yogurt W/ Grahams		Wheat, Soy, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Friday 1	Apple Cinnamon Frudel	Veg	Wheat, Soy, Egg, Milk
-	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Tuocday 5	Supporter & Jolly Sondwich		Wheet Sov
Tuesday 5	Sunbutter & Jelly Sandwich Breakfast Cereal		Wheat, Soy Wheat, Soy, Milk, Pork, Beef
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Wednesday 6	Concha Breakfast Cereal		Wheat, Milk, Egg, Soy Wheat, Soy, Milk, Pork, Beef
Thursdoy 7			
Thursday 7	Breakfast Muffins Breakfast Cereal		Wheat, Soy, Egg, Milk Wheat, Soy, Milk, Pork, Beef
Frider 9			•
Friday 8	Bagel W/ Cream Cheese Breakfast Cereal		Wheat, Soy, Milk Wheat, Soy, Milk, Pork, Beef
Monday 11	Hard Boiled Egg W/ Muffin		Milk, Soy, Wheat, Egg
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Tuesday 12	Breakfast Muffins		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Wednesday 13	Bagel W/ Cream Cheese		Wheat, Soy, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Thursday 14	Yogurt W/ Grahams		Wheat, Soy, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Friday 15	Cherry Frudel		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Monday 18	Breakfast Scones		Wheat, Soy, Egg, Milk
<b>,</b>	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Tuesday 19	Breakfast Muffins		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Wednesday 20	Cheesy Cornbread Muffin		Wheat, Soy, Egg, Milk
······································	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Thursday 21	Apple Cinnamon Frudel	Veg	Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef

#### Breakfast Menu



Date	Menu Item	Allergens
Friday 22	Sunbutter & Jelly Sandwich	Wheat, Soy
-	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Monday 25	Breakfast Scones	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 26	Hard Boiled Egg W/ Muffin	Milk, Soy, Wheat, Egg
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 27	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 28	Yogurt W/ Grahams	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 29	Concha	Wheat, Milk, Egg, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef



#### Vegan / Gluten Free Menu



Date	Menu Item		Allergens
Monday 28	Vegan Fried Rice	V	Soy, Sesame
Tuesday 29	Vegan Bean Burrito Bowl	V	Tomato, Soy
Wednesday 30	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Thursday 31	Myo Vegan Tacos	V	Soy
Friday 1	Vegan Fried Rice	V	Soy, Sesame
Tuesday 5	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Wednesday 6	Myo Vegan Tacos	V	Soy
Thursday 7	Vegan Red Beans & Rice		Tomato
Friday 8	Vegan Chickpea Tikka Masala	V	Tomato, Soy
Monday 11	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Tuesday 12	Vegan Spanish Beans W/ Rice		Tomato, Soy
Wednesday 13	Vegan Fried Rice	V	Soy, Sesame
Thursday 14	Vegan Bean Burrito Bowl	V	Tomato, Soy
Friday 15	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Monday 18	Myo Vegan Tacos	V	Soy
Tuesday 19	Vegan Red Beans & Rice		Tomato
Wednesday 20	Vegan Chickpea Tikka Masala	V	Tomato, Soy
Thursday 21	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Friday 22	Vegan Spanish Beans W/ Rice		Tomato, Soy
Monday 25	Vegan Fried Rice	V	Soy, Sesame
Tuesday 26	Vegan Bean Burrito Bowl	V	Tomato, Soy
Wednesday 27	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Thursday 28	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Friday 29	Myo Vegan Tacos	V	Soy

