

December Breakfast

WEST MENU



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 2 Corn Chex Cereal, Honey, Applesauce, Fruit Juice & Milk Berry Apple Crisp Bar, Fruit & Milk | 3 Froot Loops Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich Cinnamon Roll | 4 Chocolate Chip Muffin Top Apple Jacks Cereal w/ Honey Grahams | 5 Blueberry Yogurt Parfait w/ Cinnamon Granola Cereal Breakfast Burrito Frosted Flakes Cereal w/ Honey Grahams | 6 Mantecada Muffin Froot Loops Cereal w/ Honey Grahams |
| 9 Cinnamon Crumble Froot Loops Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich | 10 Fruit & Yogurt Smoothie w/ Granola Pancakes w/ Syrup Frosted Flakes Cereal w/ Honey Grahams | 11 Banana Bread Cheerios Cereal w/ Honey Grahams | 12 Sweet Potato Sunrise Muffin Egg Scramble w/ Roasted Potatoes & Dinner Roll Frosted Flakes Cereal w/ Honey Grahams | 13 Sausage & Cheese Stuffed Waffle Apple Jacks Cereal w/ Honey Grahams Conchita w/ String Cheese |
| 16 Cheerios Cereal w/ Honey Grahams French Toast Sticks w/ Syrup | 17 Froot Loops Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich Cinnamon Roll | 18 Chocolate Chip Muffin Top Apple Jacks Cereal w/ Honey Grahams | 19 Blueberry Yogurt Parfait w/ Cinnamon Granola Cereal Breakfast Burrito Frosted Flakes Cereal w/ Honey Grahams | 20 Mantecada Muffin Froot Loops Cereal w/ Honey Grahams |
| 23 Winter Break | 24 Winter Break | 25 Winter Break | 26 Winter Break | 27 Winter Break |
| 30 Winter Break | 31 Winter Break | | | |

| Breakfast Includes: | Featured Fruit: | RevUp Rewards: |
|--|---|--|
| Choice of 1% Low Fat White or Fat Free White Milk Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams *All Grains Are Whole Grain Rich | Tangerine (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Pear (1/2 C), Apple Slices (1/2 C), Banana (1/2 C), Orange (1/2 C), Applesauce Cup (1/2 C) | Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards |



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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| Crispy Chicken Sandwich w/ Oven Baked Fries Turkey & Cheese Torta Sandwich Soy Veggie Burger w/ Roasted Potatoes | Turkey & Cheese Sub Sandwich w/ Baby Carrots Hummus, Flatbread & Egg Kit w/ Baby Carrots Cheese Lasagna w/ Marinara | 'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots Cheeseburger w/ Oven Baked Fries | Turkey Nachos w/ Refried Beans & Poptillas Veggie Chef Salad w/ Egg, Dinner Roll & Ranch Turkey & Cheese Cracker Kit w/ Roasted Fava Beans | Chicken Tamale w/ Pinto Beans Bean & Cheese Pupusa w/ Curtido Salad |
| 9 | 10 | 11 | 12 | 13 |
| Hot Dog w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes Turkey & Cheese Torta Sandwich | Italian Turkey Trio on Cheesy Focaccia w/ Baby Carrots Cheese Pizza Kit Penne & Meat Sauce w/ Diced Carrots | Turkey & Cheese Cracker Kit w/ Baby Carrots Mexican Chicken Salad w/ Romaine Lettuce & Tostitos Chips | BBQ Chicken w/ Baked Beans & Dinner Roll Southwest Chicken Salad w/ WG Dinner Roll Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots | Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice |
| 16 | 17 | 18 | 19 | 20 |
| Cheeseburger w/ Oven Baked Fries Turkey & Cheese Torta Sandwich Soy Veggie Burger w/ Roasted Potatoes | Orange Chicken & Not So Fried Rice w/ Diced Carrots 'P'B&J Sandwich Kit (Seedbutter) w/ Baby Carrots Cheese Lasagna w/ Marinara | Crispy Chicken Sandwich w/ Oven Baked Fries Chicken Caesar Salad with Dinner Roll & Croutons Hummus, Flatbread & Egg Kit w/ Baby Carrots | Veggie Chef Salad w/ Egg, Dinner Roll & Ranch Turkey & Cheese Cracker Kit w/ Roasted Fava Beans Chicken Tamale w/ Pinto Beans Chicken Bites w/ Mashed Potatoes | Turkey Nachos w/ Refried Beans & Tostitos Chips |
| 23 | 24 | 25 | 26 | 27 |
| Winter Break | Winter Break | Winter Break | Winter Break | Winter Break |
| 30 | 31 | | | |
| Winter Break | Winter Break | | | |
| Lunch Includes: | Veg of the Day: | Featured Fruit: | RevUp Rewards: | |
| Choice of 1% Low Fat White or Fat Free White Milk or Fat Free Chocolate Milk Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance *All Grains Are Whole Grain Rich | Monday:Baby Carrots (1/4 C),Side of Oven Baked Fries (1/2 C) Tuesday:Baby Carrots (1/2 C) Wednesday:Roasted Chickpeas Thursday:Cucumber Slices (1/4 C) w/ Tajin,Celery Sticks (1/4 C) Friday:Side Salad - Lettuce, Carrot, Tomato w/Ranch (1 C) | 100% Fruit Juice 4 oz,Banana (1/2 C), Mandarin Orange (1/2 C),Apple (1/2 C), Persimmon (1/2 C),Cranberries (1/2 C) | Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards | |



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| Hot Dog w/ Oven Baked Fries Turkey & Cheese Torta Sandwich | Cheese Pizza Kit Penne & Meat Sauce w/ Diced Carrots Sweet Chili Chicken Meatballs w/ Not So Fried Rice & Broccoli Cheese Tamale w/ Black Beans | Turkey & Cheese Cracker Kit w/ Baby Carrots Mexican Chicken Salad w/ Romaine Lettuce & Tostitos Chips | Teriyaki Chicken w/ Yakisoba Noodles & Diced Carrots BBQ Chicken w/ Baked Beans & Dinner Roll | Papa John's Pepperoni Pizza Slice Papa John's Cheese Pizza Slice |
| 16 | 17 | 18 | 19 | 20 |
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This institution is an equal opportunity provider. Menus are subject to change without notice.

SOCAL Lunch NSLP K-8