

# OCTOBER 2017

San Juan Unified School District  
K-8 BREAKFAST \$2.00

## MONDAY

2

Whole Grain Muffin  
or  
Whole Grain Cereal\*\*  
Seasonal Fresh Fruit  
100% Fruit Juice

9

Waffles  
or  
Whole Grain Cereal\*\*  
Beef Sausage Patty  
Canned Peaches  
100% Fruit Juice

16

Whole Grain Biscuit  
or  
Whole Grain Cereal\*\*  
Beef Sausage Patty  
Seasonal Fresh Fruit  
100% Fruit Juice

23

Waffles  
or  
Whole Grain Cereal\*\*  
Beef Sausage Patty  
Canned Peaches  
100% Fruit Juice

30

Whole Grain Muffin  
or  
Whole Grain Cereal\*\*  
Seasonal Fresh Fruit  
100% Fruit Juice

## TUESDAY

3

Pancake Sausage Roll Up  
or  
Whole Grain Cereal\*\*  
Canned Peaches  
Seasonal Fresh Fruit

10

Whole Grain Bagel  
or  
Whole Grain Cereal\*\*  
All Mixed Up Fruit  
Seasonal Fresh Fruit

17

Yogurt Parfait  
or  
Whole Grain Cereal\*\*  
Canned Peaches  
Seasonal Fresh Fruit

24

Corn Star & Yogurt  
or  
Whole Grain Cereal\*\*  
All Mixed Up Fruit  
Seasonal Fresh Fruit

31

Pancake Sausage Roll Up  
or  
Whole Grain Cereal\*\*  
Applesauce  
Seasonal Fresh Fruit

## WEDNESDAY

4

Yogurt Parfait  
or  
Whole Grain Cereal\*\*  
Applesauce  
100% Fruit Juice

11

Breakfast Pizza  
or  
Whole Grain Cereal\*\*  
Seasonal Fresh Fruit  
100% Fruit Juice

18

Crumb Square  
or  
Whole Grain Cereal\*\*  
Applesauce  
100% Fruit Juice

25

Breakfast Pizza  
or  
Whole Grain Cereal\*\*  
Seasonal Fresh Fruit  
100% Fruit Juice

## THURSDAY

5

Cinnamon Glazed  
Pancakes  
or  
Whole Grain Cereal\*\*  
Canned Peaches  
Seasonal Fresh Fruit

12

Cinnamon Glazed  
Pancakes  
or  
Whole Grain Cereal\*\*  
Applesauce  
Seasonal Fresh Fruit

19

Cinnamon Glazed  
Pancakes  
or  
Whole Grain Cereal\*\*  
Canned Peaches  
Seasonal Fresh Fruit

26

Cinnamon Glazed  
Pancakes  
or  
Whole Grain Cereal\*\*  
Applesauce  
Seasonal Fresh Fruit

## FRIDAY

6

--No School--

13

Cinnamon Roll  
or  
Whole Grain Cereal\*\*  
Canned Peaches  
Seasonal Fresh Fruit

20

French Toast Sticks  
or  
Whole Grain Cereal\*\*  
Turkey Bacon  
All Mixed Up Fruit  
Seasonal Fresh Fruit

27

Cinnamon Roll  
or  
Whole Grain Cereal\*\*  
Canned Peaches  
Seasonal Fresh Fruit

Free or reduced-priced meals are available to students who qualify based on household income. Free and Reduced-Priced Meal Program applications are available online at:  
<http://mealapps.sanjuan.edu>

Paper applications are also available at:  
San Juan Central Office,  
Nutrition Services Office,  
School Offices, & Cafeterias.

Questions about Meal Applications?  
Call: (916) 971-7035

Meals may be pre-purchased online at:  
[www.myschoolbucks.com](http://www.myschoolbucks.com)

Menus subject to change.

\*Contains pork products.

\*\*Frosted Mini Spooners and Marshmallow Mateys Cereal contain pork product. Honey Scooters Cereal does not contain pork product.

Each meal is served with a choice of 1% Low Fat Plain or Non-Fat Chocolate Milk.

Pancakes on the menu every Thursday!



**NOW HIRING!**



Nutrition Services  
Job Opportunities

Positions available may include:

- Nutrition Services Worker I's
- Nutrition Services Worker II's
- Substitute Food Service Workers

Apply online at: [www.edjoin.org](http://www.edjoin.org)

May be offered 2-7 hours per day.