

# OCTOBER 2018

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

## MONDAY

1  
Waffles  
or  
Whole Grain Cereal\*\*  
Beef Sausage Patty  
Applesauce  
100% Fruit Juice

## TUESDAY

2  
Apple Cinnamon Scone  
or  
Whole Grain Cereal\*\*  
Canned Peaches  
Seasonal Fresh Fruit

## WEDNESDAY

3  
Breakfast Pizza  
or  
Whole Grain Cereal\*\*  
Seasonal Fresh Fruit  
100% Fruit Juice

## THURSDAY

4  
Cinnamon Pancakes  
or  
Whole Grain Cereal\*\*  
All Mixed Up Fruit  
Seasonal Fresh Fruit

## FRIDAY

5  
--No School--

8  
--No School--

9  
Whole Grain Bagel  
or  
Whole Grain Cereal\*\*  
Canned Peaches  
Seasonal Fresh Fruit

10  
Yogurt Parfait  
or  
Whole Grain Cereal\*\*  
Applesauce  
100% Fruit Juice

11  
Cinnamon Pancakes  
or  
Whole Grain Cereal\*\*  
Canned Pears  
Seasonal Fresh Fruit

12  
French Toast Sticks  
or  
Whole Grain Cereal\*\*  
Turkey Bacon  
All Mixed Up Fruit  
Seasonal Fresh Fruit

15  
Waffles  
or  
Whole Grain Cereal\*\*  
Beef Sausage Patty  
Canned Peaches  
100% Fruit Juice

16  
Pancake Sausage  
Roll Up  
or  
Whole Grain Cereal\*\*  
All Mixed Up Fruit  
Seasonal Fresh Fruit

17  
Breakfast Pizza  
or  
Whole Grain Cereal\*\*  
Seasonal Fresh Fruit  
100% Fruit Juice

18  
Cinnamon Pancakes  
or  
Whole Grain Cereal\*\*  
Applesauce  
Seasonal Fresh Fruit

19  
Cinnamon Roll  
or  
Whole Grain Cereal\*\*  
Canned Pears  
Seasonal Fresh Fruit

22  
Whole Grain Muffin  
or  
Whole Grain Cereal\*\*  
Applesauce  
100% Fruit Juice

23  
Yogurt Parfait  
or  
Whole Grain Cereal\*\*  
Canned Pears  
Seasonal Fresh Fruit

24  
Apple Cinnamon Scone  
or  
Whole Grain Cereal\*\*  
Seasonal Fresh Fruit  
100% Fruit Juice

25  
Cinnamon Pancakes  
or  
Whole Grain Cereal\*\*  
Canned Peaches  
Seasonal Fresh Fruit

26  
French Toast Sticks  
or  
Whole Grain Cereal\*\*  
Turkey Bacon  
All Mixed Up Fruit  
Seasonal Fresh Fruit

29  
Waffles  
or  
Whole Grain Cereal\*\*  
Beef Sausage Patty  
Canned Pears  
100% Fruit Juice

30  
Corn Star & Yogurt  
or  
Whole Grain Cereal\*\*  
All Mixed Up Fruit  
Seasonal Fresh Fruit

31  
Breakfast Pizza  
or  
Whole Grain Cereal\*\*  
Seasonal Fresh Fruit  
100% Fruit Juice

 **NOW HIRING!**  
Nutrition Services  
Job Opportunities 

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



## Nutrition Services

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:

<https://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 Shredded Wheat Cereal 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.