

# October Breakfast Menu

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Cereal & String Cheese	<b>4</b> Cinnamon Roll	<b>5</b> Egg & Cheese Empanada	<b>6</b> Mini Waffles	<b>7</b> Apple Frudel
<b>10</b> Cereal & String Cheese	<b>11</b> Super Donut	<b>12</b> Ham & Cheese Croissant	<b>13</b> Vanilla Breakfast Bun	<b>14</b> Cook's Choice
<b>17</b> NO SCHOOL	<b>18</b> Mini Pancakes	<b>19</b> Egg on English Breakfast Sandwich	<b>20</b> Apple Oat Bar	<b>21</b> Belgian Snack Waffle
<b>24</b> Cereal & String Cheese	<b>25</b> La Central Bakery Concha	<b>26</b> Bean & Cheese Breakfast Burrito	<b>27</b> Yogurt Cup & Granola	<b>28</b> Banana Bread

Breakfast Choices include assorted fresh fruit, 100% Organic Fruit or Vegetable Juice and 1% or fat free white milk.

For a complete list of allergens and ingredients, visit <https://www.oceanviewsd.org/nutrition> for more information. Menu is subject to change.

This institution is an equal opportunity provider.

# October Lunch Menu

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pepperoni Pizza Bake	4 Mary's BBQ Drumstick & Dinner Roll Mashed Potatoes	5 Turkey & Cheese Hoagie & Sunchips	6 Veggie Enchilada	7 Sesame Noodles & Fortune Cookie
10 Italian Wrap or Sunbutter & Jelly	11 Beef Queso & Corn Chips	12 Carnitas Plate with Spanish Rice	13 Cauliflower Chicken Alfredo	14 Cook's Choice
17 NO SCHOOL	18 Herb Roasted Chicken & Rice Pilaf	19 Chicken Posole & Tostada Shell	20 Cheeseburger & Baked Potato Chips	21 Rotini Marinara
24 Chicken Caesar Salad with Garlic Breadstick	25 BBQ Pulled Pork Sandwich & Corn Cobbett	26 Cook's Choice	27 Chicken Pot Stickers or Veggie Eggrolls with Fried Rice	28 Creamy Stovetop Mac & Cheese

Lunch Choices include assorted fresh fruit, salad bar, and 1% or fat free white milk.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31 Happy Halloween! Cereal Cup with String Cheese Ghosts &amp; Tangerine Pumpkins</p>	<p>1 Day of the Dead: Pan de Muertos</p>	<p>2 Sausage, Egg &amp; Potato Wrap</p>	<p>3 Smoothie &amp; Graham Crackers</p>	<p>4 Cinnamon Crumb Square</p>
<p>7 Cereal &amp; String Cheese</p>	<p>8 Cinnamon Roll</p>	<p>9 Egg &amp; Cheese Empanada</p>	<p>10 Mini Waffles</p>	<p>11 NO SCHOOL: Veteran's Day</p>
<p>14 Cereal &amp; String Cheese</p>	<p>15 Super Donut</p>	<p>16 Ham &amp; Cheese Croissant</p>	<p>17 Vanilla Breakfast Bun</p>	<p>18 Cook's Choice</p>
<p>21 NO SCHOOL Cereal &amp; String Cheese 28</p>	<p>22 NO SCHOOL Mini Pancakes 29</p>	<p>23 NO SCHOOL Egg on English Breakfast Sandwich 30</p>	<p>24 NO SCHOOL</p>	<p>25 NO SCHOOL</p>

Breakfast Choices include assorted fresh fruit, 100% Organic Fruit or Vegetable Juice and 1% or fat free white milk.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>31</b></p> <p>Happy Halloween! Witches Hair Pesto Pasta</p>	<p style="text-align: right;"><b>1</b></p> <p>Green Chile Tamale &amp; Cilantro Lime Rice</p>	<p style="text-align: right;"><b>2</b></p> <p>Grilled Chicken Ciabatta</p>	<p style="text-align: right;"><b>3</b></p> <p>French Toast Bake &amp; Sausage Tator Tots</p>	<p style="text-align: right;"><b>4</b></p> <p>Bean &amp; Cheese Burrito</p>
<p style="text-align: right;"><b>7</b></p> <p>Sneaky Sloppy Jane</p>	<p style="text-align: right;"><b>8</b></p> <p>Chicken Fajitas</p>	<p style="text-align: right;"><b>9</b></p> <p>Kaluah Pineapple Pork &amp; Mac Salad</p>	<p style="text-align: right;"><b>10</b></p> <p>Vegetable Lasagna</p>	<p style="text-align: right;"><b>11</b></p> <p>NO SCHOOL: Veteran's Day</p>
<p style="text-align: right;"><b>14</b></p> <p>Pepperoni Pizza Bake</p>	<p style="text-align: right;"><b>15</b></p> <p>Mary's BBQ Drum, Dinner Roll</p>	<p style="text-align: right;"><b>16</b></p> <p>Turkey &amp; Cheese Hoagie &amp; Sunchips</p>	<p style="text-align: right;"><b>17</b></p> <p>Thanksgiving! Roast Turkey Gravy, Roll Mashed Potatoes Cinnamon Apples &amp; Cranberry Sauce</p>	<p style="text-align: right;"><b>18</b></p> <p>Cook's Choice</p>
<p style="text-align: right;"><b>21</b></p> <p>NO SCHOOL</p> <p style="text-align: right;"><b>28</b></p> <p>Native American Heritage Month 3 Sisters Quesadilla</p>	<p style="text-align: right;"><b>22</b></p> <p>NO SCHOOL</p> <p style="text-align: right;"><b>29</b></p> <p>Beef Queso &amp; Corn Chips</p>	<p style="text-align: right;"><b>23</b></p> <p>NO SCHOOL</p> <p style="text-align: right;"><b>30</b></p> <p>Carnitas Plate &amp; Spanish Rice</p>	<p style="text-align: right;"><b>24</b></p> <p>NO SCHOOL</p>	<p style="text-align: right;"><b>25</b></p> <p>NO SCHOOL</p>

Lunch Choices include assorted fresh fruit, salad bar, and 1% or fat free white milk.

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# December Breakfast Menu

**FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Apple Oat Bar	2 Belgian Snack Waffle
5 Cereal & String Cheese	6 La Central Bakery Concha	7 Bean & Cheese Breakfast Burrito	8 Yogurt & Granola	9 Banana Bread Slice
12 Cereal & String Cheese	13 Oatmeal Chocolate Chip Bar	14 Sausage Pizza Bagel	15 Peach Pancake Bowl	16 Cherry Muffin
19 NO SCHOOL 26	20 NO SCHOOL 27	21 NO SCHOOL 28	22 NO SCHOOL 29	23 NO SCHOOL 30

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# December Lunch Menu

**FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cauliflower Chicken Alfredo	2 Sesame Veggie Noodles & Fortune Cookie
5 Chorizo con Papas, Corn Tortillas	6 Herb Roasted Chicken & Rice Pilaf	7 Chicken Posole & Tostada Shell	8 Cheeseburger & Baked Potato Chips	9 Rotini Marinara
12 Frito Chili Dog	13 Chicken Pot Pie, Biscuit	14 Carnitas Plate & Spanish Rice	15 Ravioli & Meatball Marinara with Texas Toast	16 Happy Holiday's! Mole Enchiladas Spanish Rice & Pinto Beans Ensalada Nochebuena Cinnamon Churro
19 Chicken Caesar Salad Wraps NO SCHOOL 26	20 BBQ Pulled Pork Sandwich NO SCHOOL 27	21 Cook's Choice NO SCHOOL 28	22 NO SCHOOL 29	23 NO SCHOOL NO SCHOOL 30

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# January Breakfast Menu

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL	6 NO SCHOOL
9 Cereal & String Cheese	10 Bagel & Cream Cheese	11 Sausage, Egg & Potato Wrap	12 Smoothie & Graham Crackers	13 Cinnamon Crumb Square
16 NO SCHOOL	17 Super Donut	18 Ham & Cheese Croissant	19 Breakfast Bun	20 Cook's Choice
23 Cereal & String Cheese	24 Mini Pancakes	25 Egg on English Breakfast Sandwich	26 Apple Oat Bar	27 Belgian Snack Waffle

Breakfast Choices include assorted fresh fruit, 100% Organic Fruit or Vegetable Juice and 1% or fat free white milk.

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# January Lunch Menu

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL	6 NO SCHOOL
9 Sneaky Sloppy Jane	10 Chicken Fajita	11 Kaluah Pineapple Pork & Mac Salad	12 Green Chile Tamale & Cilantro Lime Rice	13 Vegetable Lasagna
16 NO SCHOOL	17 African American History Month: Senegalese Chicken & Mango Stew with Jollof Rice	18 Chicken Caesar Salad Garlic	19 Mary's BBQ Chicken Drum, Biscuit	20 Ravioli Marinara & Texas Toast
23 Lunar New Year: Potstickers or Egg Rolls & Fried Rice Fortune Cookie	24 Beef Queso & Corn Chips	25 Carnitas Plate & Spanish Rice	26 Cauliflower Chicken Alfredo	27 Cook's Choice

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# February Breakfast Menu

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Cereal & String Cheese	<b>31</b> La Central Bakery Concha	<b>1</b> Bean & Cheese Breakfast Burrito	<b>2</b> Yogurt Cup & Granola	<b>3</b> Banana Bread Slice
<b>6</b> Cereal & String Cheese	<b>7</b> Oatmeal Chocolate Chip Breakfast Bar	<b>8</b> Sausage Pizza Bagel	<b>9</b> Pancake Bowl	<b>10</b> Cherry Muffin
<b>13</b> Cereal & String Cheese	<b>14</b> Happy Valentine's Day! Strawberry Yogurt & Chocolate Granola	<b>15</b> Sausage, Egg & Potato Wrap	<b>16</b> Smoothie & Graham Crakers	<b>17</b> NO SCHOOL
<b>20</b> NO SCHOOL	<b>21</b> Cinnamon Roll	<b>22</b> Egg & Cheese Empanada	<b>23</b> Mini Waffles	<b>24</b> Apple Frudel

Breakfast Choices include assorted fresh fruit, 100% Organic Fruit or Vegetable Juice and 1% or fat free white milk.

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# February Lunch Menu

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Frito Chili Dog	<b>31</b> Beef Queso & Corn Chips	<b>1</b> Carnitas Plate & Spanish Rice	<b>2</b> Cauliflower Chicken Alfredo	<b>3</b> Cook's Choice
<b>6</b> Chorizo con Papas, Corn Tortillas	<b>7</b> Herb Roasted Chicken & Rice Pilaf	<b>8</b> Chicken Posole Rojo & Corn Chips	<b>9</b> Cheeseburger & Baked Potato Chips	<b>10</b> Rotini Marinara
<b>13</b> Chicken Pot Pie & Biscuit	<b>14</b> Heart Healthy Valentines Day! Local Rockfish Caldo de Pescado	<b>15</b> Cook's Choice	<b>16</b> Chicken Pot Stickers or Vegetable Egg Rolls & Fried Rice	<b>17</b> NO SCHOOL
<b>20</b> NO SCHOOL	<b>21</b> Chicken Adobo & Brown Rice	<b>22</b> Turkey & Cheese Hoagie with Baked Chips	<b>23</b> Veggie Enchilada Bake	<b>24</b> Sesame Veggie Noodles & Fortune Cookie

Lunch Choices include assorted fresh fruit, salad bar, and 1% or fat free white milk.

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# March Breakfast Menu

**FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>27</b> Cereal & String Cheese	<b>28</b> Super Donut	<b>1</b> Ham & Cheese Croissant	<b>2</b> Read Across America Day! Green Eggs & Ham Sammy	<b>3</b> Cook's Choice
<b>6</b> Cereal & String Cheese	<b>7</b> Mini Pancakes	<b>8</b> Egg & Cheese on English	<b>9</b> Apple Oat Bar	<b>10</b> Belgian Waffle
<b>13</b> Cereal & String Cheese	<b>14</b> La Central Bakery Concha	<b>15</b> Bean & Cheese Breakfast Burrito	<b>16</b> Yogurt & Granola	<b>17</b> St. Patrick's Day: Cranberry Orange Scone
<b>20</b> Cereal & String Cheese	<b>21</b> Women's History Month! Belgian Waffle Sticks & Strawberry Sauce	<b>22</b> Sausage Pizza Bagel	<b>23</b> Pancake Bowl	<b>24</b> Cherry Muffin

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# March Lunch Menu

**FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>27</b> Sneaky Sloppy Jane	<b>28</b> Chicken Fajitas	<b>1</b> Kaluah Pork & Mac Salad	<b>2</b> Read Across America Day! One Fish Two Fish Tuna Fish Sandwich, Goldfish Colors, Truffula Trees & Duffuldorf Fruit Fluff	<b>3</b> Green Chile Tamale & Cilantro Lime Rice
<b>6</b> Pepperoni Pizza Bake	<b>7</b> Mary's BBQ Chicken, Dinner Roll & Mashed Potatoes	<b>8</b> Turkey & Cheese Hoagie with Baked Chips	<b>9</b> Veggie Enchilada Bake	<b>10</b> Sesame Veggie Noodles & Fortune Cookie
<b>13</b> Frito Chili Dog	<b>14</b> Women's History Month: Stacy's Pita Chips Bento Box	<b>15</b> Bean & Cheese Burrito	<b>16</b> Chicken Pot Stickers or Egg Rolls with Fried Rice	<b>17</b> Stovetop Mac & Cheese
<b>20</b> Ravioli Meatball Marinara with Texas Toast	<b>21</b> Chicken Adobo & Brown Rice	<b>22</b> Grilled Chicken Ciabatta	<b>23</b> French Toast Bake & Sausage	<b>24</b> Cook's Choice

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# April Breakfast Menu

**FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Cereal & String Cheese	28 Bagel & Cream Cheese	29 Sausage, Egg & Potato Wrap	30 Smoothie & Graham Crackers	31 Cinnamon Crumb Square
3 Cereal & String Cheese NO SCHOOL 10	4 Cinnamon Roll NO SCHOOL 11	5 Egg & Cheese Empanada NO SCHOOL 12	6 Mini Waffles NO SCHOOL 13	7 NO SCHOOL NO SCHOOL 14
17 Cereal & String Cheese	18 Super Donut	19 Ham & Cheese Croissant	20 Breakfast Bun	21 Cook's Choice
24 Cereal & String Cheese	25 Mini Pancakes	26 Egg & Cheese on English Breakfast Sandwich	27 Apple Oat Bar	28 Belgian Snack Waffle

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# April Lunch Menu

**FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Ravioli & Meatball Marinara with Texas Toast	28 Chicken Adobo & Brown Rice	29 Grilled Chicken Ciabatta	30 French Toast Bake & Sausage	31 Cook's Choice
3 Cook's Choice  NO SCHOOL 10	4 Cook's Choice  NO SCHOOL 11	5 Cook's Choice  NO SCHOOL 12	6 Cook's Choice  NO SCHOOL 13	7 NO SCHOOL  NO SCHOOL 14
17 Sneaky Sloppy Janes	18 Chicken Fajita	19 Kaluah Pork & Mac Salad	20 Green Chile Tamale, Cilantro Lime Rice	21 Earth Day! Organic Veggie Burger
24 Pepperoni Pizza Bake	25 Mary's BBQ Chicken, Dinner Roll & Mashed Potatoes	26 Turkey & Cheese Hoagie with Baked Chips	27 Veggie Enchilada Bake	28 Sesame Veggie Noodles & Fortune Cookie

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# May Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cereal & String Cheese	2 La Central Bakery Concha	3 Bean & Cheese Breakfast Burrito	4 Yogurt & Granola	5 Banana Bread Slice
8 Cereal & String Cheese	9 Oatmeal Chocolate Chip Breakfast Bar	10 Sausage Pizza Bagel	11 Pancake Bowl	12 Cherry Muffin
15 Cereal & String Cheese	16 Bagel & Cream Cheese	17 Sausage, Egg & Potato Wrap	18 Smoothie & Graham Crackers	19 Cinnamon Crumb Square
22 Cereal & String Cheese	23 Cinnamon Roll	24 Egg & Cheese Empanada	25 Mini Waffles	26 Apple Frudel

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# May Lunch Menu

**FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Frito Chili Dog	Beef Queso & Corn Chips	Carnitas & Spanish Rice	Cauliflower Chicken Alfredo	Cinco De Mayo! Bean Sopes & Mango Caliente Ice Treat
8	9	10	11	12
Chorizo con Papas, Corn Tortillas	Herb Roasted Chicken & Rice Pilaf	Chicken Posole Rojo & Corn Chips	Cheeseburger & Baked Chips	Rotini Marinara
15	16	17	18	19
Chicken Caesar Salad Wraps	Asian American Awareness: Pork Ramen Bowl	BBQ Pulled Pork Sandwich	Chicken Pot Stickers or Veggie Egg Rolls & Fried Rice	Stovetop Mac & Cheese
22	23	24	25	26
Raviolis & Meatball Marinara with Texas Toast	Chicken Adobo & Brown Rice	Grilled Chicken Ciabatta	French Toast Bake with Sausage	Bean & Cheese Burrito

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# June Breakfast Menu

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 NO SCHOOL	30 Super Donut	31 Ham & Cheese Croissant	1 Vanilla Breakfast Bun	2 Cook's Choice
5 Cereal & String Cheese	6 Mini Pancakes	7 Egg & Cheese on English Breakfast Sandwich	8 Apple Oat Bar	9 Belgian Snack Waffle
12 Chef's Choice	13 Chef's Choice	14 Chef's Choice	15 Chef's Choice	16 NO SCHOOL

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# June Lunch Menu

FREE BREAKFAST AND LUNCH FOR ALL STUDENTS, EVERYDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 NO SCHOOL	30 Chicken Fajitas	31 Kaluah Pork & Mac Salad	1 Caribbean American Heritage: Jerk Chicken & Yucca	2 Vegetable Lasagna
5 Chef's Choice	6 Chef's Choice	7 Chef's Choice	8 Chef's Choice	9 Chef's Choice
12 Chef's Choice	13 Chef's Choice	14 Chef's Choice	15 Chef's Choice	16 NO SCHOOL

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