



South Bay School District

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---------------------------------------|---|--|--|--|--|
| BREAKFAST MENU | | | 1 BREAKFAST BURRITO STRING CHEESE | 2 YOGURT PARFAIT GRAHAM CRACKER | Cal 558 T.Fat 13.32 G S.Fat 4.8 G Chol 56.3 Mg Sodm 678.09 Mg |
| 5 CHICKEN BISCUIT STRING CHEESE | 6 FRENCH TOAST STICKS YOGURT | 7 SCRAMBLED EGGS & HAM YOGURT | 8 PILLSBURY MINI CINNIS STRING CHEESE | 9 YOGURT PARFAIT GRAHAM CRACKER | Cal 587 T.Fat 14.60 G S.Fat 5.3 G Chol 110.8 Mg Sodm 841.92 Mg |
| 12 PANCAKES YOGURT | 13 BISCUIT AND GRAVY STRING CHEESE | 14 PILLSBURY FRUDEL STRING CHEESE | 15 PILLSBURY FRUDEL STRING CHEESE | 16 YOGURT PARFAIT GRAHAM CRACKER | Cal 533 T.Fat 12.17 G S.Fat 4.7 G Chol 22.7 Mg Sodm 700.36 Mg |

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
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| LUNCH MENU | | | 1 BEANIE WEANIE GREEN BEANS CORNBREAD ***JR HIGH*** BEAN AND CHEESE BURRITO | 2 CHEESE PIZZA ANIMAL CRACKER | Cal 667 T.Fat 15.82 G S.Fat 4.4 G Chol 26.1 Mg Sodm 787.80 Mg Carb 102.26 G Fiber 9.2 G |
| ALL MEALS INCLUDE FRUIT AND MILK | | | | | |
| ALL ITEMS SUBJECT TO CHANGE | | | | | |
| 5 HOT DOG ON A BUN CORN ON THE COB CRACKERS | 6 HAMBURGER CINNAMON APPLES ***JR HIGH*** CHICKEN BURGER | 7 TURKEY W/CHEESE SANDWICH (1/2) CHICKEN RICE SOUP ***JR HIGH*** CORNDOG | 8 BBQ PORK ON A BUN FRENCH FRIES ***JR HIGH*** CHILI CHEESE FRIES | 9 CHICKEN NUGGETS CHEWY GRANOLA BAR | Cal 660 T.Fat 19.35 G S.Fat 5.0 G Chol 49.3 Mg Sodm 929.07 Mg Carb 89.20 G Fiber 6.4 G |
| 12 NACHOS WITH GROUND BEEF CORN | 13 HOMESTYLE BEEF LASAGNA SOFT GARLIC BREADSTICK ***JR HIGH*** CHICKEN PARMESAN | 14 CHICKEN POT PIE CINNAMON APPLES GRANOLA BAR ***JR HIGH*** OVEN FRIED CHICKEN | 15 HAMBURGER ROYAL BROWNIES ***JR HIGH*** CHICKEN BURGER | 16 TURKEY AND DRESSING SUPREME DINNER ROLL MASHED POTATOES | Cal 701 T.Fat 22.17 G S.Fat 5.5 G Chol 47.6 Mg Sodm 790.71 Mg Carb 90.05 G Fiber 6.9 G |