



Pajaro Valley Unified School District

October 2009 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu subject to change without notice</p> 	<p>*At Rio Del Mar School & Mar Vista School this entrée item will be replaced with a peanut free entrée</p>	<p>This institution is an equal opportunity provider.</p> 	<p>1 Corn Dog or Sunflower Butter & Crackers Choice of Fruit & Vegetables Milk</p>	<p>2 Waffle Sticks w/Sausage Links or Sunflower Butter & Crackers Choice of Fruit & Vegetables Milk</p>
<p>5 Grilled Ham & Cheese Sandwich or String Cheese, Trail Mix and Crackers Choice of Fruit & Vegetables Bug Bites Milk</p>	<p>6 Harvest of the Month Day Mini Cheeseburgers or String Cheese, Trail Mix and Crackers Farm Fresh Local Apples Vegetables Milk</p>	<p>7 Chicken Patty on a Bun or String Cheese, Trail Mix and Crackers Choice of Fruit & Vegetables Milk</p>	<p>8 Nachos w/Refried Beans & Cheese or String Cheese, Trail Mix and Crackers Choice of Fruit & Vegetables Milk</p>	<p>9 French Bread Pizza or String Cheese, Trail Mix and Crackers Choice of Fruit & Vegetables Milk</p>
<p>12 Chicken, Cheese & Rice Burrito or Sunflower Butter & Crackers Choice of Fruit & Vegetables Milk</p>	<p>13 Harvest of the Month Day Cheese Stuffed Breadsticks or Sunflower Butter & Crackers Farm Fresh Local Apples Vegetables Milk</p>	<p>14 Popcorn Chicken w/Potatoes or Sunflower Butter & Crackers Choice of Fruit & Vegetables Milk</p>	<p>15 Hamburger on a Bun or Sunflower Butter & Crackers Choice of Fruit & Vegetables Animal Crackers Milk</p> 	<p>Cinnamon Toast w/Sausage Link or Sunflower Butter & Crackers Choice of Fruit & Vegetables Milk</p>
<p>19 Hot Dog on a Bun or Yogurt, Sunflower Seeds and Crackers Choice of Fruit & Vegetables Yogurt Milk</p> 	<p>20 Harvest of the Month Day Peanut Butter & Jelly Uncrustable* or Yogurt, Sunflower Seeds and Crackers Farm Fresh Local Apples Vegetables Milk</p>	<p>21 Mini Chicken Patty on a Bun or Yogurt, Sunflower Seeds and Crackers Choice of Fruit & Vegetables Milk</p>	<p>22 Nachos w/Refried Beans & Cheese or Yogurt, Sunflower Seeds and Crackers Choice of Fruit & Vegetables Milk</p>	<p>23 Cheese Pizza or Yogurt, Sunflower Seeds and Crackers Choice of Fruit & Vegetables Milk</p>
<p>26 Mini Cheeseburgers or String Cheese, Trail Mix and Crackers Choice of Fruit & Vegetables Milk</p>	<p>27 Harvest of the Month Day Mini Corn Dogs or String Cheese, Trail Mix and Crackers Farm Fresh Local Apples Vegetables Milk</p>	<p>28 Chicken Nuggets w/Potatoes or String Cheese, Trail Mix and Crackers Choice of Fruit & Vegetables Milk</p>	<p>29 Bean & Cheese Burrito or String Cheese, Trail Mix and Crackers Choice of Fruit & Vegetables Juice Bar Milk</p>	<p>30 Spooky Pancakes w/Sausage Patty or String Cheese, Trail Mix and Crackers Choice of Fruit & Vegetables Milk</p>