

Costanoa

October Menu



BREAKFAST \$2.75

LUNCH \$3.75

Monday	Tuesday	Wednesday	Thursday	Friday
Bosco Sticks with Dipping Sauce Turkey Sandwich	Chicken Tenders Veggie Nuggets Egg Salad Sandwich	Spicy Beefy Burrito Bean N Cheese Burrito NEW Ham Sandwich	Crispy Chicken with Onion Rings NEW Grilled Cheese Sandwich Turkey Sandwich	Pizza Pepperoni, or Cheese Sub Sandwich



Start your day out right by eating breakfast at school!

HAPPY HALLOWEEN

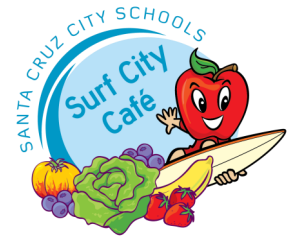
All of our meals are served with fresh fruit and vegetables from our NEW salad Bar.

We serve fat free and 1% low fat milk.



Costanoa

Octubre Menu



DESAYUNO \$2.75

ALMUERZO \$3.75

Lunes	Martes	Miercoles NEW	Jueves NEW	Viernes
Bosco bastones con salsa Sandwich de Pavo	Ofertas de Pollo Pepitas de Vegetales Sandwich de Huevos	Burrito de Carne Picada Frijoles y Queso Burrito Sandwich de Jamon	Pierna de pollo crujiente Sandwich de Queso a la Plancha Sandwich de Pavo	Pizza Pepperoni, Queso Sandwich de Submarino



Todas las comidas se sirven con frutas y hortalizas frescas. Usamos organicos cuando sea posible.

Servimos libre de grasa y 1% de leche baja en grasa.



Empiece el dia desayunando en la escuela!

HAPPY HALLOWEEN