

Costanoa

October Menu



BREAKFAST \$2.75

LUNCH \$3.75

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Bosco Sticks with Dipping Sauce</p> <p>Turkey Sandwich</p>	<p>Pesto Chicken Sandwich</p> <p>Grilled Cheese Sandwich</p> <p>Ham & Cheese Sandwich</p>	<p>Spicy Beefy Burrito</p> <p>Bean N Cheese Burrito NEW</p> <p>Turkey Sandwich</p>	<p>Crispy Chicken with Onion Rings</p> <p>Grilled Cheese Sandwich</p> <p>Ham & Cheese Sandwich</p> <p>CALIFORNIA THURSDAYS </p>	<p>Pizza Pepperoni, or Cheese</p> <p>Sub Sandwich</p>

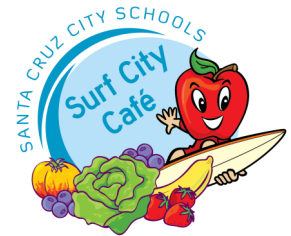
All of our meals are served with fresh fruit and vegetables from our NEW salad Bar.

We serve fat free and 1% low fat milk.



Start your day out right by eating breakfast at school!

HAPPY HALLOWEEN



Costanoa

Octubre Menu

DESAYUNO \$2.75

ALMUERZO \$3.75

Lunes	Martes	Miercoles ^{NEW}	Jueves	Viernes
<p>Bosco bastones con salsa</p> <p>Sandwich de Pavo</p>	<p>Sándwich de pollo al pesto</p> <p>Sandwich de queso fundido</p> <p>Sandwich de Jamon</p>	<p>Burrito de Carne Picada</p> <p>Frijoles y Queso Burrito</p> <p>Sandwich de Pavo</p>	<p>Pierna de pollo crujiente</p> <p>Sandwich de Queso a la Plancha</p> <p>Sandwich de Jamon</p>	<p>Pizza Pepperoni, Queso</p> <p>Sandwich de Submarino</p>



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