



Costanoa

October Menu

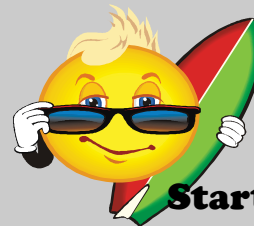


ALL MEALS ARE FREE!!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NEW</p> <p>Western BBQ Burger Veggie Burger Turkey Sandwich</p> 	<p>South Western Chicken Tornado Bean N Cheese Burrito Turkey Sandwich</p>	<p>Loaded Sweet & Spicy Pork Fry Bowl NEW Grilled Cheese Sandwich Ham & Cheese Sandwich</p>	<p>CALIFORNIA THURSDAYS </p> <p>Teriyaki Chicken Rice Bowl Turkey Sandwich</p>	<p>Pizza Pepperoni, or Cheese 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

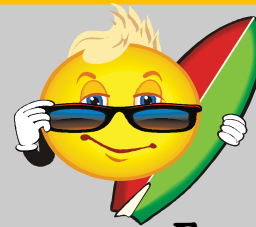
Octubre Menu

TODAS LAS COMIDAS SON GRATIS!

Lunes NEW	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>CALIFORNIA THURSDAYS </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