



San Ysidro School District Student Nutrition Menu K-6

This institution is an equal opportunity provider

2021

July/ August

Adult Meal Lunch: \$4.50 Salad bar \$3.00
Breakfast \$4.00

Offered Daily: 1% White Milk and
Non-Fat Chocolate Milk

Breakfast					
	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Breakfast Entrees	La Concha	Egg & bacon Sramble w/ Toast (1)	Pancakes (2)	Breakfast Square	Mini Maple Waffles
	French Toast Sticks (3)	Wild Blueberry Loaf	Yogurt w/ crackers	Muffin: Chocolate Chip	Yogurt w/ crackers
	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese	Assorted Cereal & String Cheese
Fruit	Apple, Banana Selected Canned Fruit	Grapes, Oranges Juice	Apple, Banana Selected Canned Fruit	Grapes, Oranges Juice	Apple, Banana Selected Canned Fruit

Lunch					
	7/26, 8/9, 8/23	7/27, 8/10, 8/24	7/28, 8/11, 8/25	7/29, 8/12, 8/26	7/30, 8/13, 8/27
Daily Specials	Meatless Monday -special	Tuesday	Wednesday	California Thursday	Friday
	Cheese Quesdalla	French Bread Pepperoni Pizza	Red Chili Tamale	Corndog	Southwest Chil & Cheese Burrito
2nd choice	Chicken Nuggets (5) Yogurt & Granola Bar	WG Chicken Tenders (4) Soy butter & Jelly Sandwich w/ String Cheese	Cheeseburger Yogurt & Granola Bar	Chicken Patty Sandwich Soy butter & Jelly Sandwich w/ String Cheese	Hotdog Yogurt & Granola Bar
	8/2, 8/16, 8/30	8/3, 8/17, 8/31	8/4, 8/18, 9/1	8/5, 8/19, 9/2	8/6, 8/20, 9/3
Daily Specials	Meatless Monday -special	Tuesday	Wednesday	California Thursday	Friday
	Bean & Cheese Burrito	Orange Chicken w/ brown rice	WG Beef & Chz Chimichanga	Ham & Cheese Sandwich	WG Pepperoni Pizza Round
2nd choice	Hamburger Yogurt & Granola Bar	Corndog Soy butter & Jelly Sandwich w/ String Cheese	Chicken Patty Sandwich Yogurt & Granola Bar	WG Chicken Nuggets (5) Soy butter & Jelly Sandwich w/ String Cheese	Chicken Tenders (4) Yogurt & Granola Bar

Salad Bar	<p>A selection of fresh fruits and vegetables is offered daily</p> <p>Fruits: Apples, oranges, bananas, grapes, seasonal fruit, canned fruit, fruit cups</p> <p>Vegetables: Salad mix, corn jicama, cucumbers, carrots, beans, peas, broccoli, tomato cauliflower, celery</p>	<p>ChooseMyPlate.gov</p>	<p>August Pizza Days</p> <p><i>La Mirada</i> <i>Ocean View Hills</i> <i>Smythe</i> <i>Sunset</i> <i>Willow</i></p>
	<p>4350 Otay Mesa Rd. San Ysidro CA 92173 website: sanysidrochildnutrition.com ~ 619-428-4476 ext.: 3010/ 3011</p>		