



# San Ysidro School District Student Nutrition Menu K-6

This institution is an equal opportunity provider

2021

**November / December**

Adult Meal Lunch: \$4.50/ Salad bar only  
\$3.00/Breakfast 3.50

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

Breakfast					
Daily Breakfast Entrees	Monday	Tuesday	Wednesday	Thursday	Friday
	French Toast Sticks (3)	La Concha	Breakfast Square	Egg patty w/ diced potatoes	Assorted Bagel & Cream CHZ
	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					
Daily Specials	11/1, 15, 29 Meatless Monday -special	11/2, 16, 30 Tuesday	11/3, 17, 12/1 Wednesday	11/4, 18, 12/2 California Thursday	11/5, 19, 12/3 Friday
	Cheese Quesadilla	Chicken Patty Sandwich	Turkey & Cheese Sandwich on french roll 4"	Spaghetti w/ Marinara Meat Sauce	Fish Sticks (4) with two corn tortillas
2nd choice	Yogurt 8 oz & Granola Bar	Bean & Cheese Burrito	Chicken Nuggets (5)	Soy butter & Jelly Sandwich w/ String Cheese	Hot Dog
Daily Specials	11/8, 22 Meatless Monday -special	11/9, 23 Tuesday	11/10, 24 Wednesday	11/12, 24 California Thursday	11/13, 26 Friday
	Bean, Rice and Cheese Burrito	Orange Chicken w/ brown rice	Cheeseburger	Chicken Tamale in Red Sauce	Taco Chorizo
2nd choice	Yogurt 8 oz & Granola Bar	Soy butter & Jelly Sandwich w/ String Cheese	WG Chicken Tenders (4)	Corn Dog	Chicken Nuggets(5)

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>4350 Otay Mesa Rd. San Ysidro CA 92173 website: sanysidrochildnutrition.com ~ 619-428-4476 ext.: 3010/ 3011</p>	