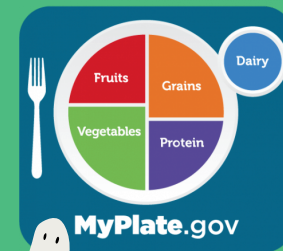




ROSEMEAD SCHOOL DISTRICT

October

Elementary Breakfast and Lunch



**All children enrolled at
Rosemead School District
are provided breakfast and
lunch at no cost!**



Available Daily:

8 oz 1% White Milk
8 oz. Nonfat Chocolate Milk
Assorted Fresh Fruit &
Vegetables


Monday: Grilled Cheese Sandwich
Tuesday: Bean & Cheese Burrito
Wednesday: Cheese Pull Apart
Thursday: Cheese Calzone
Friday: Turkey Club Sandwich



Freshly Prepared

Plant-Based



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 	30	1 Assorted BeneFIT Bar Breaded Regular of Spicy Chicken Filet Sandwich with Seasoned Wedges	2 Freshly Baked Chocolate Scones  Teriyaki Chicken, Brown Rice, Garlicky Broccoli, and Fortune Cookie 	3 Chocolate Chip Muffin Cheeseburger Sliders, Crinkle Cut Fries
6 Breakfast Pizza Bagel Kickin' Nuggets, Tater Tots, and Chocolate Chip Cookie 	7 Assorted Concha Carne Asada Nachos, Guacamole, and Pico de Gallo	8 Mini Pancake Sausage Bites Beef Pasta Bolognese, Garlic Knot, and Garlicky Broccoli 	9 Bagel with Cream Cheese Chicken & Vegetable Dumplings, Sesame Ginger Salad, and Fortune Cookie 	10 Egg, Sausage & Cheese Tornado Sticky Chicken Meatballs, Brown Rice, and Soy Cucumber Salad 
13 Breakfast Apple Mini Bites Boneless Chicken Wings, Mashed Potato & Gravy, Steamed Corn, and Dinner Roll 	14 Colby Cheese Omelet with Toast Crunchy Beef Taco, Spanish Rice, Elote Salad, and Refried Beans 	15 Freshly Baked Cinnamon Rolls 	16 Ham & Cheese Croissant Mandarin Orange Chicken, Brown Rice, Garlicky Broccoli, and Fortune Cookie 	17 Double Chocolate Chip Muffin Pepperoni or Cheese Pizza with Kale Caesar Salad 
20 Pancake Bites with Maple Syrup Chicken Nuggets, Cross Trax Fries, and Chocolate Chip Cookie	21 Scrambled Eggs, Turkey Bacon, and Toast Grassfed Beef Hot Dog on a Bun with Three Bean Chili	22 UBR Oatmeal Chocolate Chip Breaded Chicken Drumsticks, Mashed Potatoes with Gravy, and Garlic Knot 	23 Strawberry Mini Bagels Spaghetti & Meatballs, Garlic Breadsticks, and Garlicky Broccoli 	24 Freshly Baked Blueberry Lemon Scones  Chicken Banh Mi Sandwich with Pickled Vegetables 
27 Breakfast Egg & Sausage Sandwich  Homestyle Chicken Strips, Waffle Fries, and Rice Krispies	28 French Toasts Sticks with Turkey Sausage Chicken Taquitos, Guacamole, and Refried Beans	29 Assorted BeneFIT Bar Breaded Regular of Spicy Chicken Filet Sandwich with Seasoned Wedges	30 Freshly Baked Chocolate Scones  Teriyaki Chicken, Brown Rice, Garlicky Broccoli, and Fortune Cookie 	31 Chocolate Chip Muffin Cheeseburger Sliders, Crinkle Cut Fries, and Pumpkin Cookie 

Menu is subject to change without prior notice.
This institution is an equal opportunity provider.



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