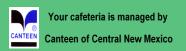




## OCTOBER 2023 EL CAMINO REAL ACADEMY



Monday	Tuesday	Wednesday	Thursday	Friday
BLUEBERRY MUFFIN  CHICKEN NUGGETS  MIXED VEGETABLES  PEACHES  DINNER ROLL	CHEESE OMELET TORTILLA  BEEF TACOS PINTO BEANS PINEAPPLE CHUNKS FRESH SALSA	ENGLISH MUFFIN SANDWICH 4  CHICKEN DRUMSTICKS WHIPPED POTATOES APRICOTS DINNER ROLL	BREAKFAST BURRITO  FRITO PIE  BROCCOLI  MIXED FRUIT	COLD CEREAL  PIZZA  CARROTS  FRESH FRUIT
COLD CEREAL  FAMOUS BOWL CINNAMON APPLE SLICES DINNER ROLL	WAFFLE MINI EGGO BITES  BEAN & CHEESE BURRITO  CARROTS  PEACHES  FRESH SALSA	CHOCOLATE DONUT  FRENCH TOAST STICKS  HASH BROWNS  SAUSAGE PATTIE  MANDARIN ORANGES	NUTRIGRAIN BAR YOGURT  BEEF ENCHILADAS - RED PINTO BEANS PEARS	13
16	CHERRY FRUDEL  SLOPPY JOE ON A ROLL  CORN PEACHES	BAGEL-FULS  LASAGNA WITH GROUND BEEF BROCCOLI PEARS GARLIC BREADSTICKS	CINNI MINIS  POSOLE WITH CHICKEN PINTO BEANS MIXED FRUIT DINNER ROLL	EGG, HAM & CHEESE CROISSANTSO  PIZZA  MIXED VEGETABLES PINEAPPLE CHUNKS
BLUEBERRY MUFFIN  TACO BURGER PINTO BEANS APPLESAUCE SUN CHIPS	COLD CEREAL  SPAGHETTI AND MEAT SAUCE  MIXED VEGETABLES  MANDARIN ORANGES  BREADSTICKS	POP TART  HOT DOG ON A BUN PEAS MIXED FRUIT	BREAKFAST COMBO BAR  LOADED BAKED POTATO  BROCCOLI  CHEESE SAUCE PINEAPPLE CHUNKS DINNER ROLL CAKE	PANCAKE MINI BREAKFAST BITES  MAX CHEESE STICKS  MARINARA SAUCE  CARROTS  MANDARIN ORANGES
NUTRIGRAIN BAR YOGURT  COUNTRY FRIED STEAK COUNTRY GRAVY WHIPPED POTATOES PINEAPPLE CHUNKS DINNER ROLL	GO-GURT GRAHAM CRACKERS  CHICKEN BURRITO CARROTS PEARS FRESH SALSA	DAILY BREAKFAST SERVE WE Lunch meals are served with We use whole grain products  DUE TO SHORTAGES, WE MA	a salad bar and your choice of s.	low-fat flavored or white milk