

OCTOBER 2021

PALOMINAS SCHOOL DISTRICT

BREAKFAST PRICES:

STUDENTS: FREE
 SECOND OR EXTRA STUDENT BREAKFAST: \$1.00
 ADULT/ NON-ENROLLED PSD CHILD: \$2.00 (W/OUT MILK)

Monday

Tuesday

Wednesday

Thursday

Friday

MEALS INCLUDE A CHOICE OF MILK, 1% WHITE OR FAT FREE CHOCOLATE. IT CAN ALSO BE PURCHASED AS A LA CARTE FOR \$0.35.

VARIOUS WHOLE GRAIN, REDUCED SUGAR CEREALS ARE AVAILABLE AS A REPLACEMENT FOR MAIN ENTRÉE OR AS AN A LA CARTE PURCHASE FOR \$1.00.

4

APPLE OATMEAL CRISP
 NONFAT GREEK YOGURT
 FRESH STRAWBERRIES
 ORANGE JUICE
 MILK-VARIETY

5

BLUEBERRY MUFFIN
 MIXED FRUIT COCKTAIL
 APPLE JUICE
 MILK- VARIETY

6

WHOLE WHEAT BAGEL
 FAT FREE CREAM CHEESE
 FRESH ORANGE
 ASSORTED FRUIT JUICE
 MILK-VARIETY

7

PANCAKE SAUSAGE WRAP
 MOZZARELLA CHEESE STICK
 PEACHES
 ASSORTED FRUIT JUICE
 MILK- VARIETY

1

SCRAMBLED EGGS
 WHOLE GRAIN BISCUIT
 ORANGE HALVES
 ASSORTED FRUIT JUICE
 MILK- VARIETY

11

HOLIDAY
 NO SCHOOL

12

HOLIDAY
 NO SCHOOL

13

HOLIDAY
 NO SCHOOL

14

HOLIDAY
 NO SCHOOL

15

HOLIDAY
 NO SCHOOL

18

NONFAT GREEK YOGURT
 WHOLE GRAIN GRANOLA
 FRESH STRAWBERRIES
 ORANGE JUICE
 MILK- VARIETY

19

BREAKFAST BURRITO
 MIXED FRUIT COCKTAIL
 ASSORTED FRUIT JUICE
 MILK-VARIETY

20

SAUSAGE ENGLISH MUFFIN
 FRESH ORANGE
 APPLE JUICE
 MILK-VARIETY

21

FRENCH TOAST STICKS
 SUGAR FREE SYRUP
 UNSWEETENED APPLESAUCE
 ORANGE JUICE
 MILK-VARIETY

22

HOMEMADE BREAKFAST COOKIES
 PEACHES
 ORANGE JUICE
 MILK-VARIETY

25

WHOLE WHEAT WAFFLES
 SUGAR FREE SYRUP
 FRESH PEAR
 ORANGE JUICE
 MILK-VARIETY

26

BREAKFAST PIZZA
 DICED PEARS
 ASSORTED FRUIT JUICE
 MILK-VARIETY

27

WHOLE WHEAT DONUT BITES
 MIXED FRUIT COCKTAIL
 ASSORTED FRUIT JUICE
 MILK-VARIETY

28

EGG AND CHEESE BISCUIT
 FRESH ORANGE
 APPLE JUICE
 MILK-VARIETY

29

WHOLE WHEAT PANCAKES
 SUGAR FREE SYRUP
 UNSWEETENED APPLESAUCE
 ASSORTED FRUIT JUICE
 MILK- VARIETY

THIS INSTITION IS AN EQUAL OPPORTUNITY PROVIDER

MENU IS SUBJECT TO CHANGE

PLEASE CONTACT THE FOOD SERVICE OFFICE WITH ANY QUESTIONS OR CONCERNS REGARDING OUR PROGRAM
 PHONE:520-366-0969 OR EMAIL: allene@psd49.net

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
[MySchoolBucks.com](https://www.myschoolbucks.com)