San Diego USD
*Dietitian's Menu Planning Site

# October 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | 11<br><br>Dried Cranberries, IW<br><br>APPLE JUICE 4 OZ<br><br>Banana Chocolate Chip Bar ( D, E, S, W)<br><br>1% White Milk Carton ( D)<br><br>Nonfat White Milk Carton ( D) | 12<br><br>Dried Cranberries, IW<br><br>BERRY JUICE 4 OZ<br><br>Trix Strawberry Banana Yogurt ( D)<br><br>Giant Goldfish Graham ( S, W)<br><br>1% White Milk Carton ( D)<br><br>Nonfat White Milk Carton ( D) | 13<br><br>Dried Cranberries, IW<br><br>Cherry Applesauce Cup<br><br>Cinnamon Rice Chex<br><br>Mozzarella String Cheese ( D)<br><br>1% White Milk Carton ( D)<br><br>Nonfat White Milk Carton ( D) | 14<br><br>Dried Cranberries, IW<br><br>Apple Slices<br><br>Fruity Cheerios<br><br>Giant Goldfish Graham ( S, W)<br><br>1% White Milk Carton ( D)<br><br>Nonfat White Milk Carton ( D) | 15<br><br>Dried Cranberries, IW<br><br>ORANGE JUICE 4 OUNCE CONTAINER<br><br>Strawberry Nutrigrain Cereal Bar ( D, S, W)<br><br>Colby Jack Cheese Stick ( D)<br><br>1% White Milk Carton ( D)<br><br>Nonfat White Milk Carton ( D) | |

## ***Allergens***

***D = Dairy  E = Eggs  F = Fish  P = Peanuts  SF = Shellfish  S = Soy  N = Tree Nuts  W = Wheat***

**This institution is an Equal Opportunity Provider**