San Diego USD
*Dietitian's Menu Planning Site

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11 Milk Assorted (D) Ketchup Packet Bean and Cheese Burrito (D, S, W) Fresh Apple Corn	12 Milk Assorted (D) Ketchup Packet Chicken Nuggets + Roll (S, W) Diced Pears Baby Carrots	13 Milk Assorted (D) Ketchup Packet Beef Hot Dog Elem. (S, W) Harvest of the month Cool Tropics SLUSH Tropical Trio	14 Milk Assorted (D) Ketchup Packet Chicken Patty Sandwich (S, W) Applesauce Baby Carrots	15 Milk Assorted (D) Ketchup Packet Cheeseburger (D, S, W) Fresh Orange Corn	

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