




# July Breakfast Menu

## SFSP HOT BREAKFAST

What do the colors on the menu mean?

**GREEN** = locally-sourced  
 = vegetarian entree

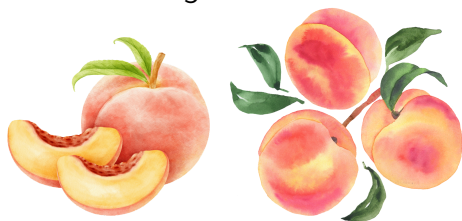
All grains served are whole grain rich  
**Student's choice of skim or 1% milk**  
 provided at every meal.






Menu subject to change based on availability

This institution is an equal opportunity provider

## FRESH FEATURE

Peach season is here, and they're back on the menu! Treat yourself to a fresh, juicy peach every Thursday morning for breakfast.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> <ul style="list-style-type: none"> <li>blueberry chex cereal</li> <li>honey bunches of oats cereal</li> <li>fresh apple slices</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>french toast sticks</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>all natural syrup</li> <li>fresh orange wedges</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>cream cheese</li> <li>jelly</li> <li>fresh cantaloupe</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>sweet strawberry oatmeal</li> <li>tomato basil frittata hot sauce</li> <li>fresh peach</li> <li>100% orange juice</li> </ul>	<b>4</b> <p><b>no school</b></p>
<b>7</b> <ul style="list-style-type: none"> <li>honey bunches of oats cereal</li> <li>strawberry shredded wheat cereal</li> <li>fresh apple slices</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>hot sauce</li> <li>whole grain biscuit</li> <li>butter &amp; jelly</li> <li>fresh orange wedges</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>butter milk pancakes</li> <li>turkey bacon</li> <li>veggie breakfast sausage patty </li> <li>butter</li> <li>all natural syrup</li> <li>fresh cantaloupe</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>banana bread</li> <li>fresh peach</li> <li>100% orange juice</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>blueberry parfait</li> </ul>
<b>14</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>strawberry shredded wheat cereal</li> <li>fresh apple slices</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>sweet peach oatmeal</li> <li>tomato basil frittata</li> <li>hot sauce</li> <li>fresh orange wedges</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>emoji waffle</li> <li>butter</li> <li>all natural syrup</li> <li>scrambled eggs</li> <li>hot sauce</li> <li>fresh cantaloupe</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>egg &amp; cheese breakfast burrito</li> <li>hot sauce</li> <li>fresh peach</li> <li>100% orange juice</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>cream cheese</li> <li>jelly</li> <li>fresh honeydew</li> </ul>
<b>21</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>strawberry shredded wheat cereal</li> <li>fresh apple slices</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>whole grain biscuit</li> <li>honey</li> <li>fresh orange wedges</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>butter milk pancakes</li> <li>scrambled eggs</li> <li>butter</li> <li>all natural syrup</li> <li>fresh cantaloupe</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>blueberry bread</li> <li>fresh peach</li> <li>100% orange juice</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>strawberry parfait</li> </ul>
<b>28</b> <ul style="list-style-type: none"> <li>blueberry chex cereal</li> <li>honey bunches of oats cereal</li> <li>fresh apple slices</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>french toast sticks</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>all natural syrup</li> <li>fresh orange wedges</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>cream cheese</li> <li>jelly</li> <li>fresh cantaloupe</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>sweet strawberry oatmeal</li> <li>tomato basil frittata hot sauce</li> <li>fresh peach</li> <li>100% orange juice</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>cheesy grits</li> <li>scrambled eggs</li> <li>turkey sausage link</li> <li>veggie breakfast sausage patty </li> <li>hot sauce</li> <li>fresh honeydew</li> </ul>



# July Lunch Menu

## SFSP HOT LUNCH

What do the colors on the menu mean?

GREEN = locally-sourced

= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

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## FRESH FEATURE

Watermelons are back for the summer! Enjoy fresh, juicy watermelon on Thursdays for lunch.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> <ul style="list-style-type: none"><li>chicken &amp; black bean empanadas</li><li>cheese quesadilla </li><li>oven fried plantains</li><li>fresh grapes</li></ul>	<b>1</b> <ul style="list-style-type: none"><li>beef burger </li><li>veggie burger </li><li>whole grain bun</li><li>lettuce &amp; tomato</li><li>ketchup &amp; mustard</li><li>roasted red potatoes</li><li>fresh apple slices</li></ul>	<b>2</b> <ul style="list-style-type: none"><li>crispy chicken tender</li><li>veggie chik'n nuggets </li><li>ketchup</li><li>mac &amp; cheese</li><li>sweet potato fries</li><li>fresh orange wedges</li></ul>	<b>3</b> <ul style="list-style-type: none"><li>baja fish</li><li>veggie chik'n nuggets </li><li>brown rice</li><li>tangy cilantro-lime slaw</li><li>fresh watermelon</li></ul>	<b>4</b> <p>no school</p>
<b>7</b> <ul style="list-style-type: none"><li>turkey meatballs &amp; house tomato sauce </li><li>tofu bolognese</li><li>whole grain rotini pasta</li><li>green peas &amp; carrots</li><li>fresh grapes</li></ul>	<b>8</b> <ul style="list-style-type: none"><li>crispy chicken tender</li><li>veggie chik'n nuggets </li><li>whole grain waffles</li><li>sweet potato hash</li><li>ketchup</li><li>all-natural syrup</li><li>fresh apple slices</li></ul>	<b>9</b> <ul style="list-style-type: none"><li>turkey sloppy joe</li><li>lentil sloppy joe </li><li>whole grain bun</li><li>roasted summer squash</li><li>fresh orange wedges</li></ul>	<b>10</b> <ul style="list-style-type: none"><li>sweet chili chicken</li><li>sweet chili tofu </li><li>brown rice</li><li>steamed broccoli</li><li>fresh watermelon</li></ul>	<b>11</b> <ul style="list-style-type: none"><li>beef &amp; cheese nachos </li><li>bean &amp; cheese nachos</li><li>tomato salsa</li><li>sour cream</li><li>fresh peach</li></ul>
<b>14</b> <ul style="list-style-type: none"><li>cheese ravioli &amp; house tomato sauce </li><li>steamed broccoli</li><li>fresh grapes</li></ul>	<b>15</b> <ul style="list-style-type: none"><li>all-beef hotdog</li><li>veggie burger </li><li>whole grain bun</li><li>ketchup &amp; mustard</li><li>bbq baked beans</li><li>fresh apple slices</li></ul>	<b>16</b> <ul style="list-style-type: none"><li>crispy fish sandwich</li><li>hot sauce</li><li>grilled cheese </li><li>steamed green beans</li><li>fresh orange wedges</li></ul>	<b>17</b> <ul style="list-style-type: none"><li>peruvian chicken drum</li><li>veggie chik'n nuggets </li><li>cilantro-lime brown rice</li><li>roasted red potatoes</li><li>fresh watermelon</li></ul>	<b>18</b> <ul style="list-style-type: none"><li>turkey &amp; bean chili</li><li>veg out chili </li><li>tortilla chips</li><li>steamed corn</li><li>fresh peach</li></ul>
<b>21</b> <ul style="list-style-type: none"><li>chicken alfredo</li><li>veggie chik'n nugget alfredo </li><li>steamed broccoli</li><li>fresh grapes</li></ul>	<b>22</b> <ul style="list-style-type: none"><li>turkey meatball sub</li><li>grilled cheese sandwich </li><li>pesto green beans</li><li>fresh apple slices</li></ul>	<b>23</b> <ul style="list-style-type: none"><li>pulled bbq chicken</li><li>bbq tofu </li><li>whole grain bun</li><li>steamed corn</li><li>fresh orange wedges</li></ul>	<b>24</b> <ul style="list-style-type: none"><li>beef &amp; cheese tacos</li><li>sofritas tacos </li><li>tomato salsa</li><li>fresh watermelon</li></ul>	<b>25</b> <ul style="list-style-type: none"><li>orange glazed diced chicken</li><li>orange glazed tofu </li><li>whole grain lo mein noodles</li><li>steamed snap peas</li><li>fresh peach</li></ul>
<b>28</b> <ul style="list-style-type: none"><li>chicken &amp; black bean empanadas</li><li>cheese quesadilla </li><li>oven fried plantains</li><li>fresh grapes</li></ul>	<b>29</b> <ul style="list-style-type: none"><li>beef burger </li><li>veggie burger </li><li>whole grain bun</li><li>lettuce &amp; tomato</li><li>ketchup &amp; mustard</li><li>roasted red potatoes</li><li>fresh apple slices</li></ul>	<b>30</b> <ul style="list-style-type: none"><li>crispy chicken tender</li><li>veggie chik'n nuggets </li><li>ketchup</li><li>mac &amp; cheese</li><li>sweet potato fries</li><li>fresh orange wedges</li></ul>	<b>31</b> <ul style="list-style-type: none"><li>baja fish</li><li>veggie chik'n nuggets </li><li>brown rice</li><li>tangy cilantro-lime slaw</li><li>fresh watermelon</li></ul>	<b>1</b> <ul style="list-style-type: none"><li>buffalo chicken drum</li><li>buffalo veggie chik'n nuggets </li><li>cornbread muffin</li><li>broccoli florets</li><li>ranch dressing</li><li>fresh peach</li></ul>