











Morning Break Cafe

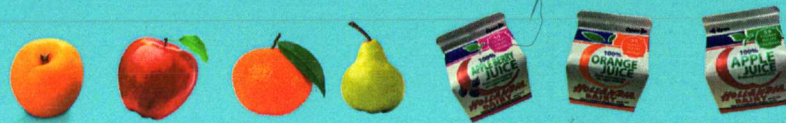


WWW.SANDI.NET/FOOD

Nutrition & Allergen Information

Menu items are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast Chicken Sandwich</p> 	<p>Cinnamon Roll w/Blueberries</p> 	<p>Homestyle Breakfast Bowl w/Graham Crackers</p> 	<p>Breakfast Berry Scone</p> 	<p>Sunrise Burrito w/Fresh Salsa</p> 
<p>Cereal w/Graham Crackers</p> 	<p>Fruit & Yogurt Parfait</p> 	<p>Cereal w/Graham Crackers</p> 	<p>Fruit & Yogurt Parfait</p> 	<p>Cereal w/Graham Crackers</p> 
<p>Fresh Fruit Selection</p>	<p>Fresh Fruit Selection</p>	<p>Fresh Fruit Selection</p>	<p>Fresh Fruit Selection</p>	<p>Fresh Fruit Selection</p>
<p>100% Fruit Juice</p>	<p>100% Fruit Juice</p>	<p>100% Fruit Juice</p>	<p>100% Fruit Juice</p>	<p>100% Fruit Juice</p>



You may take multiple servings of fruit.

All breakfast entrees provide **whole grains** and are served with fruit options and white milk (1% and non-fat).
Milk is optional.

This institution is an equal opportunity provider

Sandi Coast Cafe

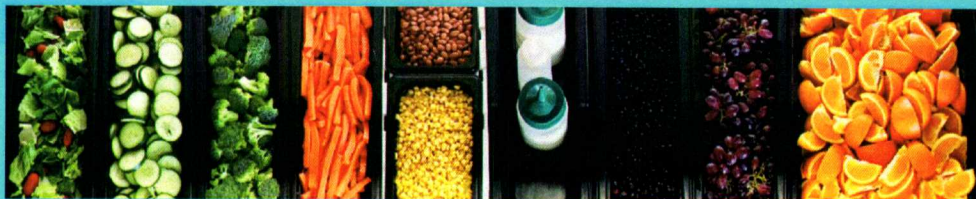
WWW.SANDI.NET/FOOD

Nutrition & Allergen Information



Menu items are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mandarin Chicken w/Rice</p>  <p>Italian Meatball Sub Sandwich</p>  <p>Caesar Salad (Chicken on side) w/roll</p>  <p>Chicken Ranch Wrap</p> 	<p>Beef Burrito w/FRESH Salsa</p>  <p>Pepperoni Pizza</p>  <p>Mediterranean Salad w/Flatbread</p>  <p>Buffalo Chicken Wrap</p> 	<p>Teriyaki Chicken w/Rice</p>  <p>Chicken Patty Sandwich</p>  <p>Mexican Bean Bowl w/Tortilla Chips</p>  <p>Chicken Ranch Wrap</p> 	<p>Cheeseburger</p>  <p>Chicken Drumstick w/Beans & Rice</p>  <p>Asian Salad (Chicken on side) w/roll</p>  <p>Turkey & Pepper Jack Cheese Sandwich</p> 	<p>Chicken Nuggets w/Roll (9-12)</p>  <p>Vegetable Pot Stickers</p>  <p>Caesar Salad (Chicken on side) w/roll</p>  <p>Buffalo Chicken Wrap</p> 



All students must take 1/2 cup of fruit or vegetables.

You may take multiple servings of fruit or vegetables.

Most sites have salad bars.

Most lunch entrees provide **whole grains**. Fresh fruit & vegetable options and milk (1% or non-fat chocolate) are available daily.

Milk is optional.

This institution is an equal opportunity provider

 **Vegetarian Item**