

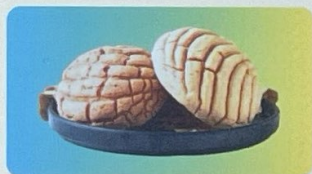


Nutrition Break

2025-2026

Monday

Concha
(Sweet Bread)



Smoothie
Graham Crackers



Fresh Fruit Selection
100% Fruit Juice

Tuesday

Turkey & Cheese
Roll Up



Oatmeal
Chocolate Chip Bar



Fresh Fruit Selection
Dried Fruit

Wednesday

Mini
Pancake Bites



Bagel
Cream Cheese



Fresh Fruit Selection
Banana

Thursday

French Toast Sticks



S'mores Oat Bar



Fresh Fruit Selection
Cantaloupe

Friday

Ham & Swiss Cheese
Croissant



Mantecada Muffin



Fresh Fruit Selection
100% Fruit Juice

Breakfast entrées are whole grain rich and come with assorted fresh, dried, and frozen fruits as well as milk (1% or non-fat). Milk is optional.
You may take multiple servings of fruit | Menu items are subject to change | This institution is an equal opportunity provider

For nutrition & allergen information visit: SandiCoastCafe.com

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Middle/High School Lunch

2025-2026

Monday

Orange Chicken
Brown Rice



Pepperoni Pizza



Buffalo Chicken Wrap



Bistro Box

SunButter and Strawberry Sandwich,
Crackers, Cheese



Tuesday

Spicy Chicken Sandwich



Beef Burrito
Salsa Fresca



Mozz Breadsticks
Homemade Marinara



Fiesta Bean Dip
Tortilla Chips



Wednesday

Jalapeño
Pepper Jack Burger



Ballpark Birria (Beef)
Nachos



Turkey & Pepper Jack
Sandwich



Baja Hummus Plate
Pico de Gallo



Thursday

All Beef Hot Dog



Roasted Chicken Thigh
Brown Rice



Meatball Sandwich



Southwest Chicken Salad
Tortilla Chips



Friday

Chicken Tenders
Garlic Knots



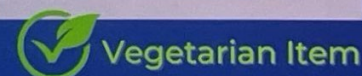
California Carnitas
(Pork) Burrito



Turkey & Cheddar
Sandwich



Yogurt Parfait
Graham Crackers



Entrées provide whole grains, fruit, vegetables, and milk (1% white or nonfat chocolate). Milk is optional.

You may take multiple servings of fruit & vegetables | Menu items are subject to change | This institution is an equal opportunity provider

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