### Morning Break Cafe

**Monday**
- **Breakfast Chicken Sandwich**
- **Cereal w/Graham Crackers**
- **Fresh Fruit Selection**
- **100% Fruit Juice**

**Tuesday**
- **Cinnamon Roll w/Blueberries**
- **Fruit & Yogurt Parfait**
- **Fresh Fruit Selection**
- **100% Fruit Juice**

**Wednesday**
- **Homestyle Breakfast Bowl w/Graham Crackers**
- **Cereal w/Graham Crackers**
- **Fresh Fruit Selection**
- **100% Fruit Juice**

**Thursday**
- **Breakfast Berry Scone**
- **Fruit & Yogurt Parfait**
- **Fresh Fruit Selection**
- **100% Fruit Juice**

**Friday**
- **Sunrise Burrito w/Fresh Salsa**
- **Cereal w/Graham Crackers**
- **Fresh Fruit Selection**
- **100% Fruit Juice**

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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.*

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<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>Mandarin Chicken w/Rice</td>
<td>Beef Burrito w/FRESH Salsa</td>
<td>Teriyaki Chicken w/Rice</td>
<td>Cheeseburger</td>
<td>Chicken Nuggets w/Roll (9-12)</td>
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<tr>
<td>Italian Meatball Sub Sandwich</td>
<td>Caesar Salad (Chicken on side) w/roll</td>
<td>Chicken Patty Sandwich</td>
<td>Chicken Drumstick w/Beans &amp; Rice</td>
<td>Vegetable Pot Stickers</td>
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<td>Mediterranean Salad w/Flatbread</td>
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<td>Pepperoni Pizza</td>
<td>Mexican Bean Bowl w/Tortilla Chips</td>
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<td>Asian Salad (Chicken on side) w/roll</td>
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<td>Chicken Ranch Wrap</td>
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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.

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