

October 2018

Somis Union School

BREAKFAST

All meals are free to our Somis Students this year. Breakfast is served before school and during all morning recesses. Menu is subject to substitution. All meals are served with choice of 1% regular or nonfat TruMoo chocolate milk. Water and milk are sold during school hours as well. Please contact us if you have questions or concerns. Thank you ☺



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



This establishment is an equal opportunity employer.

Monday

Tuesday

Wednesday

Thursday

Friday

Apple Frudel
Cheese Stix
Fruit
Milk **1**

Cereal
Juice
Fruit
Milk **2**

Yogurt
Chocolate Muffins
Fruit
Milk **3**

Cinnamon Rolls
Ham
Fruit
Milk **4**

Cereal
Juice
Fruit
Milk **5**

Sausage Dogs
Fruit
Milk **8**

Cereal
Juice
Fruit
Milk **9**

Yogurt
Chocolate Muffins
Fruit
Milk **10**

Waffles
Cheese Stix
Fruit
Milk **11**

Cereal
Juice
Fruit
Milk **12**

Breakfast Sandwich
Fruit
Milk **15**

Cereal
Juice
Fruit
Milk **16**

Yogurt
Chocolate Muffins
Fruit
Milk **17**

Pancakes
Cheese Stix
Fruit
Milk **18**

Cereal
Juice
Fruit
Milk **19**

Cherry Frudel
Cheese Stix
Fruit
Milk **22**

Cereal
Juice
Fruit
Milk **23**

Yogurt
Chocolate Muffins
Fruit
Milk **24**

Chocolate Crescent
Fruit
Ham
Milk **25**

Cereal
Juice
Fruit
Milk **26**

Taco Nada
Fruit
Juice
Milk **29**

Cereal
Juice
Fruit
Milk **30**

Yogurt
Chocolate Muffins
Fruit
Milk **31**

