

## K-12 Grab 'N Go Menus\* October 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Christensen Middle School Maryl East Ave Middle School Joe M		l school days Junction Ave K-8 School Marylin Ave Elementary Joe Michell K-8 School Rancho Las Positas Elementary	<b>Legend:</b> B - Breakfast L - Lunch D - Dinner S - Snack	B: Strawberry Muffin L: Turkey & Cheese Sandwich  Junction & Marylin B/L/D/S: Pizza Day	NO SCHOOL
Week A	B: Pancakes L: Italian Deli Sandwich  Junction & Marylin B/L/D/S: Pizza Day	B: Apple Cinnamon Muffin L: Chicken Wrap w/ Chipotle Ranch Dressing D: BBQ Chicken Sandwich S: Cheese Stick & Cinnamon Honey Goldfish	7 B: Apple Cinnamon Bear Paw L: Turkey & Cheese Roll-Up w/ Ranch Dressing D: Pork Burrito S: Apple Sauce & Graham Crackers	B: Strawberry Muffin L: Asian Chicken Wrap  D: Meat Nachos S: Sunflower Seeds & Craisins	B: Benefit Breakfast Bar L: Club Sandwich  D: Teriyaki Chicken w/ Rice S: Cheese Stick & Cinnamon Honey Goldfish
Week B	B: Cereal L: Ham & Cheese Sandwich  Junction & Marylin B/L/D/S: Pizza Day	B: Apple Cinnamon Muffin L: BBQ Pork Wrap w/ Side of Jalapenos D: Cheesy Chicken Burrito S: Cheese Stick & Cinnamon Honey Goldfish	B: Apple Cinnamon Bear Paw L: Chicken Caesar Wrap  D: BBQ Pork Sandwich S: Apple Sauce & Graham Crackers	B: Strawberry Muffin L: Turkey & Cheese Sandwich D: Pasta & Meat Sauce S: Sunflower Seeds & Craisins	B: Benefit Breakfast Bar L: Yogurt Parfait D: Chicken & Cheese Quesadilla S: Cheese Stick & Cinnamon Honey Goldfish
Week A	B: Cereal L: Italian Deli Sandwich  Junction & Marylin B/L/D/S: Pizza Day	B: Apple Cinnamon Muffin L: Chicken Wrap w/ Chipotle Ranch Dressing D: BBQ Chicken Sandwich S: Cheese Stick & Cinnamon Honey Goldfish	B: Apple Cinnamon Bear Paw L: Turkey & Cheese Roll-Up w/ Ranch Dressing D: Pork Burrito S: Apple Sauce & Graham Crackers	B: Strawberry Muffin L: Asian Chicken Wrap D: Meat Nachos S: Sunflower Seeds & Craisins	B: Benefit Breakfast Bar L: Club Sandwich  D: Teriyaki Chicken w/ Rice S: Cheese Stick & Cinnamon Honey Goldfish
Week B	B: Cereal L: Ham & Cheese Sandwich  Junction & Marylin B/L/D/S: Pizza Day	B: Apple Cinnamon Muffin L: BBQ Pork Wrap w/ Side of Jalapenos D: Cheesy Chicken Burrito S: Cheese Stick & Cinnamon Honey Goldfish	B: Apple Cinnamon Bear Paw L: Chicken Caesar Wrap  D: BBQ Pork Sandwich S: Apple Sauce & Graham Crackers	B: Strawberry Muffin L: Turkey & Cheese Sandwich D: Pasta & Meat Sauce S: Sunflower Seeds & Craisins	B: Benefit Breakfast Bar L: Yogurt Parfait  D: Chicken & Cheese Quesadilla S: Cheese Stick & Cinnamon Honey Goldfish

<sup>\*</sup>Menu subject to change without notice, due to participation and product availability.

<sup>\*</sup>All participating sites serve Breakfast and Lunch. In addition, Dinner and Snack are available at Marylin Ave and Junction Schools.

This institution is an equal opportunity employer.