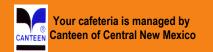


OCTOBER 2021 EL CAMINO REAL ACADEMY



+	Monday	Tuesday	Wednesday	Thursday	Friday
Au	Y BREAKFAST SERVED WITH 1 CUP OF F lunch meals are served with a s, which are baked daily.	RESH FRUIT STATE AND SOUR CHOICE OF MAY NOT HAVE A SALAD BAR	f low-fat flavored or white mi	lk. We use whole grain prod-	PANCAKE WRAP CHICKEN NUGGETS BROCCOLI PEACHES WHOLE WHEAT ROLL
	MUFFINS CORNDOG CAPRI BLEND APPLESAUCE WHOLE WHEAT ROLL	BREAKFAST PIZZA CHICKEN STICKS CORN APRICOTS WHOLE WHEAT ROLL	BAGELS & CREAM CHEESE 6 BEEF TAQUITOS PINTO BEANS CINNAMON APPLE SLICES	COLD CEREAL & STRING CHEESE GRILLED CHEESE SANDWICH CARROTS MANDARIN ORANGE	FALL BREAK
	FALL BREAK	WAFFLES MINI EGGO BITES 12 MAX CHEESE STICKS MARINARA SAUCE GREEN BEANS MANDARIN ORANGE	APPLE BOSCO STICK CHICKEN PATTIE ON A BUN BROCCOLI APRICOTS	NUTRI GRAIN YOGURT TURKEY AND CHEESE WRAP CARROTS MIXED FRUIT TORTILLA	PANCAKE WRAP FRENCH TOAST STICKS SAUSAGE PATTIE HASH BROWNS MIXED FRUIT
	BREAKFAST BURRITO TAMALES PINTO BEANS TORTILLA PEARS	CHERRY FRUDEL STEAK FINGERS CARROTS PINEAPPLE WHOLE WHEAT ROLL	EGG BOWL FRITTATA BEEF RAVIOLI BROCCOLI PEACHES	CINNI MINI CHEESEBURGER FRENCH FRIES APPLESLICES	ZUCCHINI BREAD PIZZA CELERY STICKS SIDEKICKS
	BLUEBERRY MUFFIN CHICKEN NUGGETS BAKED BEANS APPLESAUCE DINNER ROLL	COLD CEREAL STRING CHEESE FRITO PIE GREEN BEANS PEACHES DINNER ROLL	POP TART MAX CHEESE STICKS MARINARA SAUCE CORN FRESH FRUIT	BREAKFAST COMBO BAR 28 WHEAT TORTILLA FIESTA BURRITO CARROTS MIXED FRUIT	FRENCH TOAST STICKS PHILLY STEAK PINWHEELS BROCCOLI PINEAPPLE

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