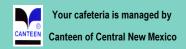
JANUARY 2023 EL CAMINO REAL ACADEMY

BREAKFAST | ILINCH



BREAKFAST	LUNCH			
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	COLD CEREAL STRING CHEESE FRENCH TOAST STICKS	WAFFLE MINI EGGO BITES BEEF TACO – HARD SHELL PINTO BEANS	COFFEE CAKE PIZZA MIXED VEGETABLES
		SAUSAGE PATTIE HASH BROWNS CINNAMON APPLE SLICES	PEARS TORTILLA	MANDARIN ORANGES
CINNI MINIS	BLUEBERRY MUFFIN 10	BREAKFAST PIZZA	POP TART 12	PANCAKE MINI BREAKFAST BITES
FIESTA BURRITO GREEN BEANS PINEAPPLE CHUNKS	STEAK FINGERS CARROTS PEACHES DINNER ROLL	CHICKEN TACOS - SOFT PINTO BEANS APRICOTS SPANISH RICE	NACHOS WITH CHEESE SAUCE BROCCOLI APPLESAUCE TORTILLA	CHICKEN DRUMSTICKS WHIPPED POTATOES MIXED FRUIT DINNER ROLL
	COLD CEREAL 17	BANANA BREAD 10	BREAKFAST PIZZA TO	CINNI MINIS
MARTIN LUTHER KING JR DAY	COLD CEREAL STRING CHEESE FIESTA BURRITO CARROT STICKS MIXED VEGETABLES MANDARIN ORANGES	TERIYAKI CHICKEN BOWL BROCCOLI SIDEKICKS BROWN RICE	CHICKEN NUGGETS BAKED BEANS MIXED FRUIT BISCUIT	CINNI MINIS CHICKEN PARMESAN FRENCH FRIES PEARS GARLIC BREAD
POP TART 23	BREAKFAST COMBO BAR 24	BAGEL-FULS 25	ENGLISH MUFFIN SANDWICH 26	NUTRIGRAIN BAR 27
SALISBURY STEAK WHIPPED POTATOES APPLESAUCE DINNER ROLL	TORTILLA BEEF TAQUITOS & POSOLE PORK PINTO BEANS PINEAPPLE CHUNKS	PIZZA CAPRI BLEND VEGETABLES CINNAMON APPLE SLICES COOKIE	ORANGE CHICKEN CARROTS MIXED FRUIT BROWN RICE	YOGURT MEATBALLS IN BROWN GRAVY BROWN RICE BROCCOLI PEACHES
BAGEL-FULS 30	FRENCH TOAST STICKS 31	Breakfast is served with fresh fruit daily.		
CHILE CHEESE DOG PEACHES CORN	PIZZA MIXED VEGETABLES APPLESAUCE	All lunch meals are served with a salad bar and your choice of low-rat flavored or white milk. We use whole grain products, which are baked daily. DUE TO COVID-19: YOUR SCHOOL MAY NOT HAVE A SALAR BAR AND MAY HAVE MENU CHANGES DUE TO SHORTAGES		

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