

Fresh Fruit & Veggies Offered Every Day at Lunch

Monday

Salad Mix
Carrots
Beans
Celery
Tomatoes
Whole Fruit
Canned Fruit

Tuesday

Caesar Salad
Broccoli
Green Beans
Cucumber
Beans
Whole Fruit
Canned Fruit

Wednesday

Salad Mix
Tomatoes
Beans
Carrots
Peas
Whole Fruit
Canned Fruit

Thursday

Caesar Salad
Broccoli
Cucumbers
Corn
Beans
Whole Fruit
Canned Fruit

Friday

Salad Mix
Tomatoes
Carrots
Celery
Jicama
Whole Fruit
Canned Fruit

Think [CA] is Sodexo's commitment to communicating to our students, parents, administration and communities that we are your partners in nurturing students by empowering them to think about their nutritional choices and choose to eat well. This includes, whenever possible, to feature items made from scratch, selections with short ingredient list and/or no artificial additives and to use locally-grown and produced ingredients. Please encourage your child to visit the salad bar, it is included with their meal.

BREAKFAST MENU

MONDAY

WEEK 1
*Egg & Cheese Sandwich
*Benefit Bar

WEEK 2
* 2 French Toast Sticks & Sausage Patty
*Bagel & Cream Cheese

TUESDAY

WEEK 1
*Belgian Waffle
*Creamy Bagel Bites

WEEK 2
*Turkey Sausage Breakfast Pizza
*Benefit Bars

WEDNESDAY

WEEK 1
*2 Whole Grain Pancakes
*Muffins & String Cheese

WEEK 2
*Egg, Cheese & Sausage Burrito
*Muffins & String Cheese

THURSDAY

WEEK 1
*Turkey Sausage On a Biscuit
*Cinnamon Pretzel Sticks

WEEK 2
*English Muffin Cheddar Melt
*Cinnamon Bun

FRIDAY

WEEK 1
*Turkey Sausage Breakfast Pizza
*Ultimate Breakfast Round

WEEK 2
*2 Waffle Sticks & Turkey Sausage
*Yogurt Cup & Cinnamon Grahams

Additional Entrees Offered for Breakfast:

- Assorted Low-Sugar Cereals served with Graham Crackers

Breakfast also includes: 100% Fruit Juice twice a week, Fresh Fruit every day and we offer 1% Milk and/or Fat Free Chocolate Milk with all meals.

Student Breakfast \$1.70 / Reduced Price 30¢

Menu is subject to change. The USDA and this company are equal opportunity provid-



HEALTH TIP FOR KIDS

BUCKLE YOUR SEATBELTS-- EVERYONE IN THE CAR, EVERY AGE, EVERY SEAT, EVERY TRIP.

BREAKFAST OCTOBER 2017

The Nutrition services department is encouraging parents to prepay for school lunch so we can serve your students faster in the cafeteria. If you have questions, please call Nutrition Services at 760-351-3022.

Applications for free and reduced lunches are available in the school main offices and new applications need to be filled out each school year for every household.

Questions or Ideas?

Click besd.org or Please contact Elda Najera 760-312-6069 or Elda.najerasuisala@sodexo.com

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THINK

[CA]

CHOOSE TO EAT WELL

BESD OCTOBER 2017 GRAB N GO



Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
2 FRENCH TOAST STICKS & TURKEY SAUSAGE CEREAL WITH MILK & CRACKERS MUFFIN & STRING CHEESE	TURKEY SAUSAGE BREAKFAST PIZZA BENEFIT BARS WHOLE WHEAT BAGEL AND CREAM CHEESE	EGG, CHEESE & SAUSAGE BURRITO CEREAL WITH MILK & CRACKERS MUFFIN & STRING CHEESE	ENGLISH MUFFIN MELT BENEFIT BARS WHOLE WHEAT BAGEL AND CREAM CHEESE	2 BELGIAN WAFFLE STICKS & TURKEY SAUSAGE CEREAL WITH MILK & CRACKERS MUFFINS & STRING CHEESE
Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
EGG & CHEESE SANDWICH BANANA BREAD SUPER SLICE BENEFIT BARS	BELGIAN WAFFLE CINNAMON BUN MUFFIN & STRING CHEESE	2 BUTTERMILK PANCAKES BANANA BREAD SUPER SLICE BENEFIT BARS	TURKEY SAUSAGE PATTY ON A BISCUIT CINNAMON BUN MUFFIN & STRING CHEESE	TURKEY SAUSAGE BREAKFAST PIZZA BANANA BREAD SUPER SLICE BENEFIT BARS
Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
2 FRENCH TOAST STICKS & TURKEY SAUSAGE CEREAL WITH MILK & CRACKERS MUFFIN & STRING CHEESE	TURKEY SAUSAGE BREAKFAST PIZZA BENEFIT BARS WHOLE WHEAT BAGEL AND CREAM CHEESE	EGG, CHEESE & SAUSAGE BURRITO CEREAL WITH MILK & CRACKERS MUFFIN & STRING CHEESE	ENGLISH MUFFIN MELT BENEFIT BARS WHOLE WHEAT BAGEL AND CREAM CHEESE	2 BELGIAN WAFFLE STICKS & TURKEY SAUSAGE CEREAL WITH MILK & CRACKERS MUFFINS & STRING CHEESE
Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
EGG & CHEESE SANDWICH BANANA BREAD SUPER SLICE BENEFIT BARS	BELGIAN WAFFLE CINNAMON BUN MUFFIN & STRING CHEESE	2 BUTTERMILK PANCAKES BANANA BREAD SUPER SLICE BENEFIT BARS	TURKEY SAUSAGE PATTY ON A BISCUIT CINNAMON BUN MUFFIN & STRING CHEESE	TURKEY SAUSAGE BREAKFAST PIZZA BANANA BREAD SUPER SLICE BENEFIT BARS
Monday 10/23	Tuesday 10/24	HAPPY HALLOWEEN!		
2 FRENCH TOAST STICKS & TURKEY SAUSAGE CEREAL WITH MILK & CRACKERS MUFFIN & STRING CHEESE	TURKEY SAUSAGE BREAKFAST PIZZA BENEFIT BARS WHOLE WHEAT BAGEL AND CREAM CHEESE			

PRICE: REGULAR \$1.70 REDUCED .30¢

.A meal includes an entrée, fruit & vegetable selection. Fat Free Chocolate Milk or 1% Milk are offered with every meal.

The USDA and this company are equal opportunity providers.

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Or call Nutrition Services Department at 760-312-6069. Thank You!


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THINK

[CA]

CHOOSE TO EAT WELL

BESD LUNCH MENU OCTOBER 2017

Monday 10/2 *BEEFY MAC & CHEESE WITH ROLL *HOT HAM & CHEESE SANDWICH *YOGURT, SOFT PRETZEL & STRING CHEESE	Tuesday 10/3 *TERIYAKI CHICKEN & BROWN RICE *CHEESE PIZZA *PEPPERONI PIZZA *AMERICAN SUB	Wednesday 10/4 *BEAN & CHEESE ENCHIRITO *RIB-B-QUE SANDWICH *CHICKEN CAESAR SALAD & BREADSTICK	Thursday 10/5 *CHICKEN NUGGETS *CHEESE PIZZA *PEPPERONI PIZZA *FRUIT-YOGURT PARFAIT	Friday 10/6 *CHICKEN SOFT TACOS *CRISPY OR SPICY CHICKEN BURGER *HEARTY GARDEN SALAD & ROLL
Monday 10/9 *MACARONI & CHEESE *CHEESEBURGER *TURKEY-CHEDDAR SUB	Tuesday 10/10 *TURKEY HOT DOG *CHEESE PIZZA *PEPPERONI PIZZA *AMERICAN SUB	Wednesday 10/11 *TERIYAKI BEEF DIPPERS & BROWN RICE *CORN DOG *CHICKEN CAESAR SALAD & BREADSTICK	Thursday 10/12 *CRISPY OR SPICY CHICKEN BURGER *CHEESE PIZZA *PEPPERONI PIZZA *PEANUT BUTTER & JELLY SANDWICH	Friday 10/13 *BBQ TURKEY SANDWICH *HAM & CHEDDAR SUB *CRISPY CHICKEN SALAD & ROLL
Monday 10/16 *BEEFY MAC & CHEESE WITH ROLL *HOT HAM & CHEESE SANDWICH *YOGURT, SOFT PRETZEL & STRING CHEESE	Tuesday 10/17 *TERIYAKI CHICKEN & BROWN RICE *CHEESE PIZZA *PEPPERONI PIZZA *AMERICAN SUB	Wednesday 10/18 *BEAN & CHEESE ENCHIRITO *RIB-B-QUE SANDWICH *CHICKEN CAESAR SALAD & BREADSTICK	Thursday 10/19 *CHICKEN NUGGETS *CHEESE PIZZA *PEPPERONI PIZZA *FRUIT-YOGURT PARFAIT	Friday 10/20 *CHICKEN SOFT TACOS *CRISPY OR SPICY CHICKEN BURGER *HEARTY GARDEN SALAD & ROLL
Monday 10/23 *MACARONI & CHEESE *CHEESEBURGER *TURKEY-CHEDDAR SUB	Tuesday 10/24 *TURKEY HOT DOG *CHEESE PIZZA *PEPPERONI PIZZA *AMERICAN SUB	Wednesday 10/25 *TERIYAKI BEEF DIPPERS & BROWN RICE *CORN DOG *CHICKEN CAESAR SALAD & BREADSTICK	Thursday 10/26 *CRISPY OR SPICY CHICKEN BURGER *CHEESE PIZZA *PEPPERONI PIZZA *PEANUT BUTTER & JELLY SANDWICH	Friday 10/27 *BBQ TURKEY SANDWICH *HAM & CHEDDAR SUB *CRISPY CHICKEN SALAD & ROLL <i>Cookie Day</i>
Monday 10/30 *BEEFY MAC & CHEESE WITH ROLL *HOT HAM & CHEESE SANDWICH *YOGURT, SOFT PRETZEL & STRING CHEESE	Tuesday 10/31 *TERIYAKI CHICKEN & BROWN RICE *CHEESE PIZZA *PEPPERONI PIZZA *AMERICAN SUB	Happy Halloween! 		

Lunch Prices: Regular \$2.20 Reduced: 40¢

A meal includes an entrée, fruit & vegetable selection.
 Fat Free Chocolate Milk or 1% Milk are offered with every meal.
 The USDA and this company are equal opportunity providers.

For nutritional information and inquiries on foods containing common food allergens please visit www.besd.org.
 Or call Nutrition Services Department at 760-344-7383 Thank You!

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BARBARA WORTH JR. HIGH LUNCH MENU OCTOBER 2017

Monday 10/2 *BEEF MAC & CHEESE WITH ROLL *HOT HAM & CHEESE SANDWICH *YOGURT, SOFT PRETZEL & STRING CHEESE	Tuesday 10/3 *TERIYAKI CHICKEN & BROWN RICE *CHEESE PIZZA *PEPPERONI PIZZA *AMERICAN SUB	Wednesday 10/4 *BEAN & CHEESE ENCHIRITO *PORK RIB-B-QUE SANDWICH *CHICKEN CAESAR SALAD & BREADSTICK	Thursday 10/5 *CHICKEN NUGGETS *CHEESE PIZZA *PEPPERONI PIZZA *FRUIT-YOGURT PARFAIT W. STRING CHEESE	Friday 10/6 *CHICKEN SOFT TACOS *CRISPY OR SPICY CHICKEN BURGER *HEARTY GARDEN SALAD & ROLL
Monday 10/9 *MACARONI & CHEESE *CHEESEBURGER *TURKEY-CHEDDAR SUB	Tuesday 10/10 *TURKEY HOT DOG *CHEESE PIZZA *PEPPERONI PIZZA *AMERICAN SUB	Wednesday 10/11 *TERIYAKI BEEF DIPPERS & BROWN RICE *CORN DOG *CHICKEN CAESAR SALAD & BREADSTICK	Thursday 10/12 *CRISPY OR SPICY CHICKEN BURGER *CHEESE PIZZA *PEPPERONI PIZZA *PEANUT BUTTER & JELLY SANDWICH W. STRING CHEESE	Friday 10/13 *BBQ TURKEY SANDWICH *HAM & CHEDDAR SUB *CRISPY CHICKEN SALAD & DINNER ROLL
Monday 10/16 *BEEF MAC & CHEESE WITH ROLL *HOT HAM & CHEESE SANDWICH *YOGURT, SOFT PRETZEL & STRING CHEESE	Tuesday 10/17 *TERIYAKI CHICKEN & BROWN RICE *CHEESE PIZZA *PEPPERONI PIZZA *AMERICAN SUB	Wednesday 10/18 *BEAN & CHEESE ENCHIRITO *PORK RIB-B-QUE SANDWICH *CHICKEN CAESAR SALAD & BREADSTICK	Thursday 10/19 *CHICKEN NUGGETS *CHEESE PIZZA *PEPPERONI PIZZA *FRUIT-YOGURT PARFAIT W. STRING CHEESE	Friday 10/20 *CHICKEN SOFT TACOS *CRISPY OR SPICY CHICKEN BURGER *HEARTY GARDEN SALAD & ROLL
Monday 10/23 *MACARONI & CHEESE *CHEESEBURGER *TURKEY-CHEDDAR SUB	Tuesday 10/24 *TURKEY HOT DOG *CHEESE PIZZA *PEPPERONI PIZZA *AMERICAN SUB	Wednesday 10/25 *TERIYAKI BEEF DIPPERS & BROWN RICE *CORN DOG *CHICKEN CAESAR SALAD & BREADSTICK	Thursday 10/26 *CRISPY OR SPICY CHICKEN BURGER *CHEESE PIZZA *PEPPERONI PIZZA *PEANUT BUTTER & JELLY SANDWICH W. STRING CHEESE	Friday 10/27 *BBQ TURKEY SANDWICH *HAM & CHEDDAR SUB *CRISPY CHICKEN SALAD & ROLL <i>Cookie Day</i>
Monday 10/30 *BEEF MAC & CHEESE WITH ROLL *HOT HAM & CHEESE SANDWICH *YOGURT, SOFT PRETZEL & STRING CHEESE	Tuesday 10/31 *TERIYAKI CHICKEN & BROWN RICE *CHEESE PIZZA *PEPPERONI PIZZA *AMERICAN SUB	<div data-bbox="844 1579 1328 1629" data-label="Text"> <h2>HAPPY HALLOWEEN!</h2> </div> 		

Lunch Prices: Regular \$2.20 Reduced: 40¢

A meal includes an entrée, fruit & vegetable selection.
Fat Free Chocolate Milk or 1% Milk are offered with every meal.

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Or call Nutrition Services Department at 760-344-7383 Thank You!






BOBCAT CAFÉ OCTOBER 2017 LUNCH MENU



© Bobcat Cafeteria, Inc.

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
*SPICY OR CRISPY CHICKEN BURGER *PEANUT BUTTER & JELLY SANDWICH W. STRING CHEESE *HOT HAM & CHEESE SANDWICH	*YOGURT CUP, SOFT BAKED PRETZEL & STRING CHEESE *TURKEY-CHEDDAR SUB *CHEESEBURGER	*RIB-B-QUE SANDWICH *CHICKEN CAESAR SALAD & BREADSTICK *AMERICAN SUB	*CHICKEN NUGGETS *YOGURT PARFAIT W. STRING CHEESE *BEAN & CHEESE BURRITO	*SPICY CHICKEN OR CRISPY CHICKEN BURGER *CHEESEBURGER *TURKEY-CHEDDAR SUB
Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
*CHEESEBURGER *TURKEY-CHEDDAR SUB *SPICY CHICKEN OR CRISPY CHICKEN BURGER	*TURKEY HOT DOG *AMERICAN SUB *CHICKEN NUGGETS	*CHICKEN CORN DOG *CHICKEN CAESAR SALAD & BREADSTICK *CHEESEBURGER	*SPICY OR CRISPY CHICKEN BURGER *PEANUT BUTTER & JELLY SANDWICH WITH STRING CHEESE *BEAN & CHEESE BURRITO	*BBQ TURKEY SANDWICH *HAM & CHEDDAR SUB *SPICY CHICKEN OR CRISPY CHICKEN BURGER
Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
*SPICY OR CRISPY CHICKEN BURGER *PEANUT BUTTER & JELLY SANDWICH W. STRING CHEESE *HOT HAM & CHEESE SANDWICH	*YOGURT CUP, SOFT BAKED PRETZEL & STRING CHEESE *TURKEY-CHEDDAR SUB *CHEESEBURGER	*RIB-B-QUE SANDWICH *CHICKEN CAESAR SALAD & BREADSTICK *AMERICAN SUB	*CHICKEN NUGGETS *YOGURT PARFAIT W. STRING CHEESE *BEAN & CHEESE BURRITO	*SPICY CHICKEN OR CRISPY CHICKEN BURGER *CHEESEBURGER *TURKEY-CHEDDAR SUB
Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
*CHEESEBURGER *TURKEY-CHEDDAR SUB *SPICY CHICKEN OR CRISPY CHICKEN BURGER	*TURKEY HOT DOG *AMERICAN SUB *CHICKEN NUGGETS	*CHICKEN CORN DOG *CHICKEN CAESAR SALAD & BREADSTICK *CHEESEBURGER	*SPICY OR CRISPY CHICKEN BURGER *PEANUT BUTTER & JELLY SANDWICH WITH STRING CHEESE *BEAN & CHEESE BURRITO	*BBQ TURKEY SANDWICH *HAM & CHEDDAR SUB *SPICY CHICKEN OR CRISPY CHICKEN BURGER
Monday 10/30	Tuesday 10/31	HAPPY HALLOWEEN! 		
*SPICY OR CRISPY CHICKEN BURGER *PEANUT BUTTER & JELLY SANDWICH W. STRING CHEESE *HOT HAM & CHEESE SANDWICH	*YOGURT CUP, SOFT BAKED PRETZEL & STRING CHEESE *TURKEY-CHEDDAR SUB *CHEESEBURGER			

Cookie Day

LUNCH PRICES

REGULAR \$2.20 REDUCED .40¢

A meal includes an entrée, fruit & vegetable selection. Fat Free Chocolate Milk or 1% Milk are offered with every meal.

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Brawley Elementary School District

DINNER MENU

OCTOBER 2017



A meal includes an entrée, fruit & vegetable selection.

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
TURKEY & CHEDDAR SUB FRUIT CARROTS MILK	ORANGE POPCORN CHICKEN & BROWN RICE FRUIT BROCCOLI MILK	HOT HAM & CHEDDAR CHEESE SANDWICH FRUIT BEANS MILK	PEANUT BUTTER & JELLY SANDWICH W. STRING CHEESE FRUIT CELERY MILK	NACHOS WITH CHEESE & BEANS FRUIT CORN / JICAMA MILK
Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
TURKEY, GRAVY & MASHED POTATOES & ROLL FRUIT CARROTS MILK	SPAGHETTI & MEAT SAUCE & ROLL FRUIT BROCCOLI MILK	GRILLED CHEESE FRUIT BEANS MILK	YOGURT PARFAIT & STRING CHEESE FRUIT CELERY MILK	ITALIAN DUNKERS & MARINARA SAUCE FRUIT CORN / JICAMA MILK
Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
TURKEY & CHEDDAR SUB FRUIT CARROTS MILK	ORANGE POPCORN CHICKEN & BROWN RICE FRUIT BROCCOLI MILK	HOT HAM & CHEDDAR CHEESE SANDWICH FRUIT BEANS MILK	PEANUT BUTTER & JELLY SANDWICH W. STRING CHEESE FRUIT CELERY MILK	NACHOS WITH CHEESE & BEANS FRUIT CORN / JICAMA MILK
Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
TURKEY, GRAVY & MASHED POTATOES & ROLL FRUIT CARROTS MILK	SPAGHETTI & MEAT SAUCE & ROLL FRUIT BROCCOLI MILK	GRILLED CHEESE FRUIT BEANS MILK	YOGURT PARFAIT & STRING CHEESE FRUIT CELERY MILK	ITALIAN DUNKERS & MARINARA SAUCE FRUIT CORN / JICAMA MILK
Monday 10/30	Tuesday 10/31			
TURKEY & CHEDDAR SUB FRUIT CARROTS MILK	ORANGE POPCORN CHICKEN & BROWN RICE FRUIT BROCCOLI MILK			

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