

October 2020 San Diego USD

*Dietitian's Menu Planning Site

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5	6	7	8 French Toast Sticks, IW (D, E, S, W) Dried Cranberries, IW APPLE JUICE 4 OZ	9 Mini Pancakes (D, E, S, W) Cherry Applesauce Cup ORANGE JUICE 4 OUNCE CONTAINER	

Allergens

D = Dairy E = Eggs F = Fish P = Peanuts SF = Shellfish S = Soy N = Tree Nuts W = Wheat

This institution is an Equal Opportunity Provider

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5	6	7	8 Pizza Nada (Pocket) (D, S, W) Fresh Orange	9 Turkey Taco Nada (Pocket) (D, S, W) Fresh Apple	

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