

February 2021 SFSP K-12 Distant Learning - Lunch & Breakfast - 7 Day Bundle Meals							
Menu is subject to substitutions due to food shortages, due to the prevailing Pandemic situations							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch/ Almuerzo	Cheese Bun/ sandwich con queso	Nachos, Cheese/queso Cup & Corn/maiz Chips	Wow Butter/mantequilla Cup & Bagel/rosquilla	Cheese Omelette/omelete de queso	Meatballs/albondigas & Ketchup	Grilled Cheese Sandwich/queso a la parrilla	Chicken Corn Dog/pollo enpanizado
All Lunches Receive/ todos los almuerzos reciben	1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	String Cheese/ queso en tiras 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Honey Roasted Sun Seeds/semillas de girasol 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	2 oz Snackbread/pancito 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Nacho Cheese Chips 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Mixed Berry Animal Crackers 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Cinnamon Grahams 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)
Breakfast/ Desayuno	Cereal Bowl (1 item)	WG Pancakes/panqueques (1 item)	Mini Cinnis (1 item)	WG Apple Donut/dona de manzana(1 item)	Cereal Bowl (1 item)	Mini Waffle Bag (1 item)	WG Pancakes/ panqueques (1 item)
Week I	100% 4oz Juice/jugo & Second Item/segundo Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)
Lunch/ Almuerzo	Cheese Bun/ pan con queso	Breaded Chicken Patty Bun Kit/ pollo enpanizado	Hamburger Kit/hamburguesa	*New* Cheesy Pullapart Bread/pan de queso	Wow Butter/mantequilla & Jelly/mermelada sandwich	Bean/frijoles & Cheese/queso Burrito	Sunseeds & Amazin Raisins Pack
All Lunches Receive/ todos los almuerzos reciben	1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Mixed Berry Animal Crackers 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Nacho Cheese Doritos 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	1/2 cup Fruit/fruta *Fruit for veg lunch is raisins in sunseed pack/basas 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Corn/ maiz Chips 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Cheese/queso Stick & Cheezits *Fruit for lunch is raisins in sunseed pack/basas 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)
Breakfast/ Desayuno	Pop Tart/tartaleta (1 item)	Strawberry/fresa Boli(1 item)	Cereal Bowl (1 item)	Honey Bun/pan de miel (1 item)	2oz Breakfast Bread/pan (1 item)	Corn/maiz Muffin (1 item)	WG Apple Donut/dona de manzana(1 item)
Week II	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)
Lunch/ Almuerzo	Cheese Bun/ pan con queso	Chicken Corn Dog/pollo enpanizado	Italian Calzon /Pocket	Bean/frijoles & Cheese/queso Burrito	All Beef Hot Dog Kit	Turkey/pavo Bun	Grilled Cheese Sandwich/queso a la parrilla
All Lunches Receive/ todos los almuerzos reciben	Nacho Chz Doritos 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Lemon Blueberry Bites 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Cool Ranch Doritos 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Baked Cheetos 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)
Breakfast/ Desayuno	Assorted Muffin (1 item)	Pancakes (1 item)	BC Cinnamon Roll (1 item)	Pop Tart (1 item)	Cereal Bowl (1 item)	Maple Snackin Waffle (1 item)	Pancakes/panqueques (1 item)
Week III	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)
Lunch/ Almuerzo	Cheese Bun/ pan con queso	Nachos, Cheese/queso Cup & Corn/maiz Chips	Wow Butter Cup & Bagel	*New* Cheesy Pullapart Bread/pan de queso	Meatballs/albondigas & Ketchup	Grilled Cheese Sandwich/queso a la parrilla	Chicken Corn Dog/pollo enpanizado
All Lunches Receive/ todos los almuerzos reciben	1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	String Cheese 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Cheese Stick 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Nacho Cheese Chips 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Mixed Berry Animal Crackers 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)	Cinnamon Grahams 1/2 Cup/tasa Fruit/fruta 1/4 Cup/tasa Veggies/vegetales & Milk/leche (OVS)
Breakfast/ Desayuno	Strawberry/fresa Boli(1 item)	Corn Muffin (1 item)	WG Apple Donut/dona de manzana(1 item)	Mini Cinnis (1 item)	Cereal Bowl (1 item)	Mini Waffle Bag (1 item)	BC Cinnamon/canela Roll/pan (1 item)
Week IV	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)	100% 4oz Juice/jugo & Second Item/segundo * (1 Item Milk/Leche (OVS)

*Skim and 1% milk choices offered daily
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.