Santa Ynez Valley Charter School
October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken tenders Fries Fruit Veggies	2 Cheese or pepperoni pizza Fruit Veggies
5 Butter Pasta Salad Fruit Garlic Bread	6 Beef Crispy Tacos Fruit	7 chicken Cesar salad Roll Fruit	8 Cheese or Pepperoni Pizza Fruit Veggies	9 Hot Dogs Chips Fruit Veggies Bubble Run Day!
12 No School	13 Chicken Fajitas Rice Fruit Veggies	14 Bean and Cheese Burrito Fruit Veggies Ocean ———	15 Hamburgers Fries Fruit Veggies Camp————	16 Cheese or Pepperoni Pizza Fruit Veggies 6th Gd.
19 White Rice Egg Rolls Fruit Veggies	20 Carnitas Soft Tacos Fresh Salsa Beans Fruit	21 Torta de Jamón Chips Fruit Veggies Big————	22 Orange Chicken Rice Fruit Veggies Sur————	23 Cheese or Pepperoni Pizza Fruit Veggies 7th Gd.
26 Grilled Cheese Sandwich Tomato Soup Fruit	27 Carne asada Burritos Fruit Veggies	28 Alfredo Pasta Garlic Bread Fruit Veggies	29 Chicken Tenders Fries Fruit Veggies	30 Cheese or Pepperoni Pizza Fruit Veggies

All lunches served with a choice of milk, either 1% fat or non-fat.
SYV Charter School is an equal opportunity provider.

Santa Ynez Valley Charter School
October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Waffles Sausage Fruit	2 Chek mix String cheese Fruit
5 Chocolate chip Pancakes Bacon Fruit	6 Bagels cream cheese or Peanut Butter fruit	7 bacon and cheese egg bites Fruit	8 Yogurt Parfait	9 Granola bars String Cheese Fruit
12 No School	13 Cereal Banana	14 Waffles bacon fruit	15 Scramble eggs Hashbrown Fruit	16 Pretzels String Cheese Fruit
19 Pancakes Sausage Fruit	20 PBJ Fruit	21 Fried egg over Toast Fruit	22 Breakfast Sandwich Fruit	23 Cereal Banana
26 Bagels Fruit	27 Yogurt graham cracker Fruit	28 Chocolate Chip muffins String Cheese Fruit	29 Soft Pretzel bites Fruit	30 Granola bars String Cheese Fruit

All lunches served with a choice of milk, either 1% fat or non-fat.
SYV Charter School is an equal opportunity provider.