

**Sangre de Cristo SY23
November 2022**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Breakfast	4 Components Offered	2 grains, 1 Milk & Fruit or 1 grain, 1 protein, milk & fruit	All trays must have 3 components, 1 component must be 1/2 cup of fruit or fruit/vegetable combination	Cartons of Milk alone .50 Extra carton of milk .50 Juice or yogurt alone .75
Lunch	5 Components Offered	Grain, Milk, Fruit, Vegetable and Protein		
		1	2	3
Breakfast	All student eat breakfast & lunch free during school year 22/23 . You must still pay for extra milk, juice or yogurt.	Scrambled Eggs - Elementary Breakfast Burritos MS/HS	Granola & Yogurt	Pancakes
Lunch		Turkey & Gravy	Chicken Enchilidas	Hot Dogs
	7	8	9	10
Breakfast	Bagel & Cheese	Breakfast Pizza	Muffins & Juice	French Toast
Lunch	Parm Chicken & Pasta	Ham & Roasted Potatoes	Street Tacos	BBQ Ckn Sandwich
	14	15	16	17
Breakfast	Biscuits & Gravy	Scrambled Eggs - Elementary Breakfast Burritos MS/HS	Granola & Yogurt	Churros
Lunch	Pizza	Mashed Potatoes & Ckn Gravy	Nachos	Hamburgers
	21	22	23	24
Breakfast	Bagel & Cheese	Breakfast Pizza	No	No
Lunch	Lasagna	Beef Stew	School	School
	28	29	30	
Breakfast	Biscuits & Gravy	Scrambled Eggs - Elementary Breakfast Burritos MS/HS	Granola & Yogurt	
Lunch	Pizza	Mashed Potatoes & Ckn Gravy	Chili	

Questions or concerns contact
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MILK



Vegetable



Protein



Fruit



Grains

MENU SUBJECT TO CHANGE



Start your day the right way, eat BREAKFAST with us everyday!

SANGRE de CRISTO IS AN EQUAL OPPORTUNITY PROVIDER