



Monday	Tuesday	Wednesday	Thursday	Friday
 28 - Cheeseburger - Chicken Enchiladas - Pasta X Plosion! - Sbj Sammie - Cobb Salad Wrap - Bagel Kit 	 29 - Spaghetti W/ Beef Meatsauce - Beef Hot Dog - Black Bean & Veggie Burrito - Teriyaki Chicken Sushi Bowl - Cali Bistro Box - Bagel Kit 	30 - Sesame Orange Chicken W/ Rice - Mr. Mike's Bbq Chicken Sandwich - Cheese Wrapadilla - Farmer's Market Chicken Salad W/ Dinner Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	 1 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Cornbread - B& C Burrito - Hummus Rainbow Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit 	2 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken W/ Rice Pilaf - Chicken Caesar Wrap - Italian Market Salad - Bagel Kit
 5 - Hamburger - Pasta W/ Olive Oil & Parmesan Pasta - Curry Fried Rice - Sbj Sammie - Chicken Bacon Ranch Wrap - Bagel Kit 	 6 - Chicken Corn Dog - Chicken Burrito - Veggie Chow Mein - Bbq Chicken Wrap - Athenian Chicken Salad W/ Pita Triangles - Bagel Kit 	 7 - Chicken Calzone Chicken Chow Mein Pasta W/ Marinara & Mozzarella Yogurt Berry Parfait W/ Muffin Pesto Caprece Salad Bagel Kit 	 8 - Breaded Chicken Sandwich - Chicken Kapama W/ Olive Oil & Parmesan Pasta - Mac & Cheese - Tex Mex Bistro Box W/ Tortilla Chips - Turkey & Cheese Hoagie - Bagel Kit 	 9 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Dinner Roll - Italian Deli Sub - Bagel Kit
 12 - Bbq Cheeseburger - Greek Chicken W/ Rice Pilaf - Pasta X Plosion! - Turkey & Cheese Sandwich - Chicken Caesar Wrap - Bagel Kit 	 13 - Beef Hot Dog Bbq Chicken Pasta Broccoli Cheddar Potato Bowl W/ Dinner Roll Sbj Sammie Smoked Chicken Wrap Bagel Kit 	 14 - Popcorn Chicken & Tater Bowl Chicken Parm Hoagie Pasta Primavera Chicken Bacon Ranch Salad W/ Dinner Roll Turkey & Cheese On Dutch Crunch Bagel Kit 	 15 - Chicken & Rice Soup Chicken Nuggets W/ Rice Pilaf Cheese Ravioli W/ Marinara Sauce Picnic Bistro Box Cobb Salad Wrap Bagel Kit 	16 - Pepperoni Pizza - Cheese Pizza - Louisiana Jambalaya - Asian Chicken Wrap - Santa Fe Chicken Salad - Bagel Kit
 19 - Hamburger Boneless Buffalo Chicken Wings & Rice Pilaf Vegan Fried Rice Breaded Chicken Salad Spicy Chicken Wrap Bagel Kit 	20 - Pesto Chicken Sandwich - Sweet And Sour Chicken - Cheesy Breadsticks W/ Marinara Sauce - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit	 21 - Buffalo Chicken Hoagie Teriyaki Chicken W/ Rice & Veggies Minestrone Soup & Roll Yogurt Berry Parfait W/ Muffin Chicken Pesto Wrap Bagel Kit 	 22 - Breaded Chicken Sandwich - Western Wrap Up - Cheesy Bean Dip W/ Tortilla Chips - Confetti Bean And Rice Salad - Breaded Chicken Wrap - Bagel Kit 	23 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Dinner Roll - Turkey & Cranberry Sandwich - Bagel Kit

ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH VEGETABLE AND A DRINK

PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS

👏 VEGETARIAN

PLACE YOUR ORDER NOW!

Iunchmaster@thelunchmaster.com

Monday	Tuesday	Wednesday	Thursday	Friday
26 Memorial Day	 27 - Spaghetti W/ Beef Meatsauce Beef Hot Dog Black Bean & Veggie Burrito Teriyaki Chicken Sushi Bowl Cali Bistro Box Bagel Kit 		29 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Cornbread - B& C Burrito - Hummus Rainbow Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit	30 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken W/ Rice Pilaf - Chicken Caesar Wrap - Italian Market Salad - Bagel Kit

Drinks

1% Milk, Nonfat Chocolate Milk







Monday	Tuesday	Wednesday	Thursday	Friday
28 - French Toast Sticks - Bagel W/ Cream Cheese - Breakfast Cereal	29 - Scrambled Eggs W/ Muffin - Concha - Breakfast Cereal	30 - Maple Chicken Biscuit - Breakfast Muffin - Breakfast Cereal	 1 - Pancake Bites - Sunbutter & Jelly Sandwich - Breakfast Cereal 	2 - Egg, Bacon & Cheese Scramble W/ Roll - Cinnamon Raisin Bagel W/ Cream Cheese - Breakfast Cereal
 5 - Melted Cheese Bagel - Breakfast Muffin - Breakfast Cereal 	6 - Breakfast Burrito - Bagel W/ Cream Cheese - Breakfast Cereal	 7 - Scrambled Eggs W/ Biscuit - Apple Cinnamon Frudel - Breakfast Cereal 	 8 - Breakfast Bowl W/ Biscuit - Pan De Elote - Breakfast Cereal 	 9 - Southwest Breakfast Burrito - String Cheese W/ Mini Muffin - Breakfast Cereal
 12 - French Toast Sticks Breakfast Muffin Breakfast Cereal 	 13 - Scrambled Eggs W/ Muffin - Concha - Breakfast Cereal 	 14 - Maple Chicken Biscuit Bagel W/ Cream Cheese Breakfast Cereal 	 15 - Egg & Cheese Burrito - Glazed Donut Holes - Breakfast Cereal 	 16 - Breakfast Chilaquilles - Breakfast Scone - Breakfast Cereal
19 - Melted Cheese Bagel - Bagel W/ Cream Cheese - Breakfast Cereal	20 - Breakfast Burrito - Breakfast Muffin - Breakfast Cereal	21 - Sausage & Cheese Muffin Sandwi - Cherry Frudel - Breakfast Cereal	22 - Pancake Bites - Cinnamon Raisin Bagel W/ Cream Cheese - Breakfast Cereal	23 - Denver Scramble Burrito - Pan De Elote - Breakfast Cereal
26 Memorial Day	27 - Scrambled Eggs W/ Muffin - Concha - Breakfast Cereal	28 - Maple Chicken Biscuit - Breakfast Muffin - Breakfast Cereal	29 - Pancake Bites - Sunbutter & Jelly Sandwich - Breakfast Cereal	30 - Egg, Bacon & Cheese Scramble W/ Roll - Cinnamon Raisin Bagel W/ Cream Cheese - Breakfast Cereal

Drinks

1% Milk, Nonfat Chocolate Milk







Monday	Tuesday	Wednesday	Thursday	Friday
28 - Vegan 3 Bean Chili W/ Tortilla Chips	29 - Vegan Fried Rice	30 - Vegan Burrito Bowl	1 - Vegan Tikka Masala	2 - Myo Vegan Tacos
5 - Vegan Pinto Pozole W/ Tortilla Chips	6 - Vegan Spanish Beans W/ Cilantro Lime Rice	7 - Vegan Red Beans & Rice	8 - Vegan 3 Bean Chili W/ Tortilla Chips	9 - Vegan Fried Rice
12 - Vegan Burrito Bowl	13 - Vegan Tikka Masala	14 - Myo Vegan Tacos	15 - Vegan Pinto Pozole W/ Tortilla Chips	16 - Vegan Spanish Beans W/ Cilantro Lime Rice
19 - Vegan Red Beans & Rice	20 - Vegan 3 Bean Chili W/ Tortilla Chips	21 - Vegan Fried Rice	22 - Vegan Burrito Bowl	23 - Vegan Tikka Masala
26 Memorial Day	27 - Vegan Fried Rice	28 - Vegan Burrito Bowl	29 - Vegan Tikka Masala	30 - Myo Vegan Tacos

Drinks

1% Milk, Nonfat Chocolate Milk







Monday	Tuesday	Wednesday	Thursday	Friday
 28 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	29 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit	 30 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 1 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 2 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit
 5 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 6 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 7 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 8 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 9 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit
 12 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 13 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 14 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 15 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 16 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit
 19 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	20 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit	 21 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 22 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 23 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit
26 Memorial Day	 27 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	 28 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit 	29 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit	30 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit

Drinks

1% Milk, Nonfat Chocolate Milk



LUNCH K-8 & 9-12 2024-2025



Date **Menu Item** Allergens Monday 28 Cheeseburger Wheat, Soy, Milk, Beef, Sesame Chicken Enchiladas Soy, Milk, Chicken, Tomato, Sesame Veg Pasta X Plosion! Wheat, Milk, Tomato Veg Sbj Sammie Wheat, Soy, Sesame Cobb Salad Wrap Wheat, Soy, Egg, Milk, Tomato, Turkey Bagel Kit Wheat, Soy, Milk, Sesame Veg **Tuesday 29** Spaghetti W/ Beef Meatsauce Wheat, Egg, Beef, Milk, Tomato, Soy Beef Hot Dog Wheat, Soy, Beef, Sesame Veg Black Bean & Veggie Burrito Milk, Wheat, Tomato Teriyaki Chicken Sushi Bowl Wheat, Soy, Chicken, Sesame Cali Bistro Box Wheat, Soy, Egg, Milk, Sesame Bagel Kit Veg Wheat, Soy, Milk, Sesame Wednesday 30 Sesame Orange Chicken W/ Rice Wheat, Soy, Chicken, Sesame Mr. Mike's Bbg Chicken Sandwich Wheat, Soy, Milk, Chicken, Tomato, Sesame Wheat, Milk Cheese Wrapadilla Farmer's Market Chicken Salad W/ Dinner Roll Wheat, Soy, Egg, Milk, Chicken, Sesame Turkey & Cheese On Dutch Crunch Wheat, Soy, Milk, Turkey, Sesame Bagel Kit Veg Wheat, Soy, Milk, Sesame Thursday 1 Chicken Nuggets W/ Olive Oil & Parmesan Pasta Wheat, Soy, Egg, Milk, Chicken, Sesame Beef Chili W/ Cornbread Wheat, Soy, Egg, Milk, Beef, Tomato B& C Burrito Veg Milk, Wheat, Soy Veg Hummus Rainbow Wrap Wheat Southwest Veggie Taco Salad W/ Tortilla Chips Milk, Soy, Tomato, Egg Bagel Kit Veg Wheat, Soy, Milk, Sesame Friday 2 Pepperoni Pizza Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey Veg Cheese Pizza Wheat, Soy, Milk, Tomato Bbq Chicken W/ Rice Pilaf Chicken, Tomato Chicken Caesar Wrap Wheat, Chicken, Milk, Egg, Fish Italian Market Salad Wheat, Soy, Milk, Pork, Beef, Turkey Wheat, Soy, Milk, Sesame Bagel Kit Veg Monday 5 Hamburger Wheat, Soy, Beef, Sesame Pasta W/ Olive Oil & Parmesan Pasta Veg Wheat, Milk Curry Fried Rice Wheat, Soy, Egg, Sesame Veg Sbj Sammie Veg Wheat, Soy, Sesame Chicken Bacon Ranch Wrap Wheat, Milk, Pork, Chicken, Egg, Tomato Wheat, Soy, Milk, Sesame Bagel Kit Veg **Tuesday 6** Chicken Corn Dog Wheat, Soy, Egg, Chicken, Turkey, Sesame Milk, Chicken, Wheat, Tomato Chicken Burrito Veggie Chow Mein Veg Wheat, Soy, Egg, Sesame **Bbq Chicken Wrap** Milk, Chicken, Wheat, Soy, Egg, Fish, Shellfish Athenian Chicken Salad W/ Pita Triangles Wheat, Milk, Chicken, Tomato

Veg Wheat, Soy, Milk, Sesame

3162 Baumberg Avenue, Hayward, CA 94070

Bagel Kit

			Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato,
Wednesday 7	Chicken Calzone		Sesame
	Chicken Chow Mein		Wheat, Soy, Egg, Chicken, Sesame
	Pasta W/ Marinara & Mozzarella	Veg	Wheat, Egg, Milk, Tomato
	Yogurt Berry Parfait W/ Muffin	Veg	Wheat, Egg, Milk, Soy
	Pesto Caprece Salad	Veg	Wheat, Milk, Tomato
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Thursday 8	Breaded Chicken Sandwich		Wheat, Soy, Milk, Chicken, Sesame
	Chicken Kapama W/ Olive Oil & Parmesan Pasta		Chicken, Wheat, Milk, Tomato
	Mac & Cheese	Veg	Wheat, Milk
	Tex Mex Bistro Box W/ Tortilla Chips		Soy, Milk, Tomato, Sesame
	Turkey & Cheese Hoagie		Wheat, Milk, Turkey, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Friday 9	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	Wheat, Soy, Milk, Tomato
	Bbq Chicken Pizza		Wheat, Soy, Milk, Pork, Chicken, Tomato
	Chicken Caesar Salad W/ Dinner Roll		Wheat, Soy, Milk, Chicken, Sesame
	Italian Deli Sub		Wheat, Soy, Milk, Pork, Beef, Turkey, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Monday 12	Bbq Cheeseburger		Wheat, Soy, Milk, Beef, Tomato, Sesame
-	Greek Chicken W/ Rice Pilaf		Chicken
	Pasta X Plosion!	Veg	Wheat, Milk, Tomato
	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Chicken Caesar Wrap		Wheat, Chicken, Milk, Egg, Fish
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Tuesday 13	Beef Hot Dog		Wheat, Soy, Beef, Sesame
	Bbq Chicken Pasta		Chicken, Wheat, Milk, Tomato
	Broccoli Cheddar Potato Bowl W/ Dinner Roll	Veg	Wheat, Soy, Egg, Milk, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Smoked Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Tomato
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Wednesday 14	Popcorn Chicken & Tater Bowl		Soy, Milk, Chicken, Wheat
	Chicken Parm Hoagie		Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Pasta Primavera	Veg	Wheat, Milk, Soy
	Chicken Bacon Ranch Salad W/ Dinner Roll		Wheat, Soy, Egg, Milk, Pork, Chicken, Tomato, Sesame
	Turkey & Cheese On Dutch Crunch		Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Theorem 1 C		veg	• • •
Thursday 15	Chicken & Rice Soup		Wheat, Soy, Chicken, Sesame
	Chicken Nuggets W/ Rice Pilaf		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce	Veg	Egg, Milk, Wheat, Tomato
	Picnic Bistro Box		Wheat, Soy, Milk, Chicken, Sesame
	Cobb Salad Wrap	Ver	Wheat, Soy, Egg, Milk, Tomato, Turkey
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Friday 16	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	Wheat, Soy, Milk, Tomato
	Louisiana Jambalaya Asian Chicken Wrap		Beef, Tomato, Turkey Wheat, Soy, Milk, Chicken, Sesame
	Santa Fe Chicken Salad		Chicken, Milk, Tomato, Soy, Egg
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
	Dayer Nit	vey	wheat, oby, white, desalle

Monday 19	Hamburger		Wheat, Soy, Beef, Sesame
Wonday 15	Boneless Buffalo Chicken Wings & Rice Pilaf		Wheat, Soy, Milk, Chicken, Sesame
	Vegan Fried Rice	V	Soy, Sesame
	Breaded Chicken Salad	v	Wheat, Soy, Egg, Milk, Chicken, Tomato, Sesame
	Spicy Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit	Veg	Wheat, Soy, Lgg, Milk, Chicken, Sesame
Tuesday 20	Pesto Chicken Sandwich	J	Chicken, Milk, Wheat, Soy
	Sweet And Sour Chicken		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheesy Breadsticks W/ Marinara Sauce	Veg	Wheat, Soy, Milk, Tomato, Sesame
	Turkey & Cheese Sandwich	vcg	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
	Dager Mit	veg	Wheat, Oby, Wink, Sesame
Wednesday 21	Buffalo Chicken Hoagie		Wheat, Soy, Milk, Chicken
	Teriyaki Chicken W/ Rice & Veggies		Wheat, Soy, Chicken, Sesame
	Minestrone Soup & Roll	Veg	Wheat, Soy, Egg, Tomato, Sesame
	Yogurt Berry Parfait W/ Muffin	Veg	Wheat, Egg, Milk, Soy
	Chicken Pesto Wrap		Chicken, Wheat, Milk, Soy
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Thursday 22	Breaded Chicken Sandwich		Wheat, Soy, Milk, Chicken, Sesame
-	Western Wrap Up		Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Cheesy Bean Dip W/ Tortilla Chips		Milk, Soy
	Confetti Bean And Rice Salad		Tomato
	Breaded Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Friday 23	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	Wheat, Soy, Milk, Tomato
	Bbq Chicken Pizza		Wheat, Soy, Milk, Pork, Chicken, Tomato
	Chicken Caesar Salad W/ Dinner Roll		Wheat, Soy, Milk, Chicken, Sesame
	Turkey & Cranberry Sandwich		Wheat, Soy, Turkey, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Tuesday 27	Spaghetti W/ Beef Meatsauce		Wheat, Egg, Beef, Milk, Tomato, Soy
l dooddy 21	Beef Hot Dog		Wheat, Soy, Beef, Sesame
	Black Bean & Veggie Burrito	Veg	Milk, Wheat, Tomato
	Teriyaki Chicken Sushi Bowl	vog	Wheat, Soy, Chicken, Sesame
	Cali Bistro Box		Wheat, Soy, Egg, Milk, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Wednesday 28	Sesame Orange Chicken W/ Rice		Wheat, Soy, Chicken, Sesame
	Mr. Mike's Bbq Chicken Sandwich		Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Cheese Wrapadilla		Wheat, Milk
	Farmer's Market Chicken Salad W/ Dinner Roll		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Turkey & Cheese On Dutch Crunch		Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Thursday 29	Chicken Nuggets W/ Olive Oil & Parmesan Pasta		Wheat, Soy, Egg, Milk, Chicken, Sesame
······································	Beef Chili W/ Cornbread		Wheat, Soy, Egg, Milk, Beef, Tomato
	B& C Burrito	Veg	Milk, Wheat, Soy
	Hummus Rainbow Wrap	Veg	Wheat
	Southwest Veggie Taco Salad W/ Tortilla Chips		Milk, Soy, Tomato, Egg
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
	5	- 3	· · · · · · · · · · · · · · · · · · ·

		l I	
Friday 30	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	Wheat, Soy, Milk, Tomato
	Bbq Chicken W/ Rice Pilaf		Chicken, Tomato
	Chicken Caesar Wrap		Wheat, Chicken, Milk, Egg, Fish
	Italian Market Salad		Wheat, Soy, Milk, Pork, Beef, Turkey
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame



BREAKFAST K-12 2024-2025



Date	Menu Item		Allergens
Monday 28	French Toast Sticks		Wheat, Soy, Egg, Milk, Sesame
	Bagel W/ Cream Cheese		Wheat, Soy, Milk, Sesame
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Tuesday 29	Scrambled Eggs W/ Muffin		Egg, Milk, Soy, Wheat, Egg
	Concha		Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Wednesday 30	Maple Chicken Biscuit		Wheat, Soy, Milk, Chicken, Sesame
-	Breakfast Muffin		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Thursday 1	Pancake Bites		Wheat, Soy, Egg, Milk, Sesame
, ,	Sunbutter & Jelly Sandwich		Wheat, Soy, Sesame
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Friday 2	Egg, Bacon & Cheese Scramble W/ Roll		Wheat, Soy, Egg, Milk, Pork
Thaty 2	Cinnamon Raisin Bagel W/ Cream Cheese		Wheat, Soy, Milk, Pork, Sesame
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Monday 5	Melted Cheese Bagel		Wheat, Soy, Milk, Sesame
	Breakfast Muffin		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Tuesday 6	Breakfast Burrito		Wheat, Soy, Egg, Pork, Beef, Turkey
	Bagel W/ Cream Cheese		Wheat, Soy, Milk, Sesame
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Wednesday 7	Scrambled Eggs W/ Biscuit		Wheat, Soy, Egg, Sesame
	Apple Cinnamon Frudel	Veg	Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Thursday 8	Breakfast Bowl W/ Biscuit		Wheat, Soy, Egg, Milk, Pork, Beef, Turkey, Sesame
-	Pan De Elote		Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Friday 9	Southwest Breakfast Burrito		Egg, Milk, Wheat, Soy
i naay o	String Cheese W/ Mini Muffin		Milk, Wheat, Soy, Egg
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Monday 12	French Toast Sticks		Wheat, Soy, Egg, Milk, Sesame
	Breakfast Muffin		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Tuesday 13	Scrambled Eggs W/ Muffin		Egg, Milk, Soy, Wheat, Egg
	Concha		Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Wednesday 14	Maple Chicken Biscuit		Wheat, Soy, Milk, Chicken, Sesame
-	Bagel W/ Cream Cheese		Wheat, Soy, Milk, Sesame
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef

Thursday 15	Egg & Cheese Burrito	Wheat, Soy, Egg, Milk, Pork, Turkey
-	Glazed Donut Holes	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 16	Breakfast Chilaquilles	Wheat, Soy, Egg, Milk
	Breakfast Scone	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Monday 19	Melted Cheese Bagel	Wheat, Soy, Milk, Sesame
monday 10	Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 20	Breakfast Burrito	Wheat, Soy, Egg, Pork, Beef, Turkey
	Breakfast Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 21	Sausage & Cheese Muffin Sandwi	Milk, Wheat, Soy
-	Cherry Frudel	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 22	Pancake Bites	Wheat, Soy, Egg, Milk, Sesame
	Cinnamon Raisin Bagel W/ Cream Cheese	Wheat, Soy, Milk, Pork, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 23	Denver Scramble Burrito	Wheat, Soy, Egg, Milk, Pork
-	Pan De Elote	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 27	Scrambled Eggs W/ Muffin	Egg, Milk, Soy, Wheat, Egg
· · · · · · · · · · · · · · · · · · ·	Concha	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
W - de se des 00	Marda Ohishan Dissuit	
Wednesday 28	Maple Chicken Biscuit	Wheat, Soy, Milk, Chicken, Sesame
	Breakfast Muffin Breakfast Cereal	Wheat, Soy, Egg, Milk
	Breaklast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 29	Pancake Bites	Wheat, Soy, Egg, Milk, Sesame
	Sunbutter & Jelly Sandwich	Wheat, Soy, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 30	Egg, Bacon & Cheese Scramble W/ Roll	Wheat, Soy, Egg, Milk, Pork
-	Cinnamon Raisin Bagel W/ Cream Cheese	Wheat, Soy, Milk, Pork, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef



	Y PREPERATORY ACADEMY ARTER HIGH SCHOOL MAY	Veg	gan / Gluten Free	The LunchMaster
Date	Menu Item		Allergens	
Monday 28	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato	
Tuesday 29	Vegan Fried Rice	V	Soy, Sesame	
Wednesday 30	Vegan Burrito Bowl	V	Tomato	
Thursday 1	Vegan Tikka Masala	V	Tomato	
Friday 2	Myo Vegan Tacos	V	Tomato	
Monday 5	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato	
Tuesday 6	Vegan Spanish Beans W/ Cilantro Lime Rice	V	Tomato	
Wednesday 7	Vegan Red Beans & Rice		Tomato	
Thursday 8	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato	
Friday 9	Vegan Fried Rice	V	Soy, Sesame	
Monday 12	Vegan Burrito Bowl	V	Tomato	
Tuesday 13	Vegan Tikka Masala	V	Tomato	
Wednesday 14	Myo Vegan Tacos	V	Tomato	
Thursday 15	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato	
Friday 16	Vegan Spanish Beans W/ Cilantro Lime Rice	V	Tomato	
Monday 19	Vegan Red Beans & Rice		Tomato	
Tuesday 20	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato	
Wednesday 21	Vegan Fried Rice	V	Soy, Sesame	
Thursday 22	Vegan Burrito Bowl	V	Tomato	
Friday 23	Vegan Tikka Masala	V	Tomato	
Tuesday 27	Vegan Fried Rice	V	Soy, Sesame	
Wednesday 28	Vegan Burrito Bowl	V	Tomato	
Thursday 29	Vegan Tikka Masala	V	Tomato	
Friday 30	Myo Vegan Tacos	V	Tomato	





Field Trip

Date	Menu Item		Allergens
•• • • • •			
Monday 28	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Tuesday 29	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Wednesday 30	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Thursday 1	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
-	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Friday 2	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Monday 5	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Tuesday 6	-	J	
Tuesday 6	Turkey & Cheese Sandwich	Voq	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Veg	Wheat, Soy, Sesame
	Bagel Kit	veg	Wheat, Soy, Milk, Sesame
Wednesday 7	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Thursday 8	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Friday 9	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Monday 12	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
· · · · · -	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Tuesday 13	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
···· ·	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Wednesday 14	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
steatiooday 14	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

Thursday 15	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
·····, · ·	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Friday 16	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
-	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Monday 19	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
	-	vcg	-
Tuesday 20	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Wednesday 21	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Thursday 22	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Friday 23	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Tuesday 27	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Wednesday 28	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Thursday 29	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Friday 30	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

