

2022 – 2023 School Breakfast Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| Whole grain French Toast Or Cereal Fruit juice Wheat Toast Choice of milk | Kolache Or Cereal Fruit juice Wheat Toast Choice of milk | Whole grain French Toast Or Cereal Fruit juice Wheat toast Choice of milk | Oat Meal Or Cereal Fruit juice Wheat Toast Choice of milk | Pop Tarts Or Cereal Fruit juice Wheat Toast Choice of milk |
| Whole grain French Toast Or Cereal Wheat Toast Fruit juice Choice of milk | Kolache Or Cereal Wheat Toast Fruit juice Choice of milk | Whole grain French Toast Or Cereal Wheat Toast Fruit juice Choice of milk | Oat Meal Or Cereal Wheat Toast Fruit juice Choice of milk | Pop Tarts Or Cereal Wheat Toast Fruit juice Choice of milk |
| Whole grain French Toast Or Cereal Wheat Toast Fruit juice Choice of milk | Kolache Or Cereal Wheat Toast Fruit juice Choice of milk | Whole grain French Toast Or Cereal Wheat Toast Fruit juice Choice of milk | Oat Meal Or Cereal Wheat Toast Fruit juice Choice of milk | Pop Tarts Or Cereal Wheat Toast Fruit juice Choice of milk |
| Whole grain French Toast Or Cereal Wheat Toast Fruit juice Choice of milk | Kalache Or Cereal Wheat Toast Fruit juice Choice of milk | Whole grain French Toast Or Cereal Wheat Toast Fruit juice Choice of milk | Oat Meal Or Cereal Wheat Toast Fruit juice Choice of milk | Pop Tarts Or Cereal Wheat Toast Fruit juice Choice of milk |
| Whole grain French Toast Or Cereal wheat toast Fruit juice Choice of milk | Kolache Or Cereal Wheat Toast Fruit juice Choice of milk | Whole grain French Toast Or Cereal Wheat Toast Fruit juice Choice of milk | Oat Meal Or Cereal Wheat Toast Fruit juice Choice of milk | Pop Tarts Or Cereal Wheat Toast Fruit juice Choice of milk |

2022 – 2023 School Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Salisbury Steak B-red Potatoes Green Beans Roll Fruit Choice of Milk | BBQ Beef on Wheat Bun Corn Fruit Choice of Milk | Beef Nachos Pinto Beans Spanish Rice Fruit Choice of Milk | Hamburger Oven Fries Baby Carrots Fruit Choice of Milk | Baked Chicken Mashed potatoes Spinach Rolls Fruit Choice of Milk |
| Chicken Nuggets Brown Rice w/gravy Spinach Fruit Choice of Milk | Steak Fingers B-red potatoes Honey Carrots Roll Fruit Choice of Milk | Baked Chicken Brown Rice Pinto Beans Rolls Fruit Choice of Milk | Hot dog Oven Fries Carrots Fruit Choice of Milk | Pizza Corn Fruit Choice of Milk |
| Fish sticks Sweet Potato Fries Romaine Salad Fruit Choice of Milk | Red beans w/rice & all beef sausage Roll Fruit Choice of Milk | Grilled Cheese and Turkey sandwich Corn Green Beans Fruit Choice of Milk | Chicken nuggets Macaroni Honey Carrots Fruit Choice of Milk | Spaghetti w/meat sauce Fresh salad Roll Fruit Choice of Milk |
| Corn Dog Tater Tots Green Beans Fruit Choice of Milk | Hot dog Oven Fries Carrots Fruit Choice of Milk | Grilled Cheese Sweet Potato Fries Baby Carrots Fruit Choice of Milk | Chicken Fajitas Pinto Beans Spanish Rice Fruit Choice of Milk | Cheeseburger Lettuce & Tomato Oven Fries Fruit Choice of Milk |

Fallbrook Christian Academy
Food items subject to change*