

October 2022

For the 2022-23 school year, ongoing state and federal legislation allows Cardiff School District to continue to make available a daily lunch, free of charge, for all students. In addition, we are pleased to announce that all students will now also be able to grab a quick breakfast, before school at no cost.



***(B)-Breakfast (L)-Lunch

Breakfast Served Daily before School

Includes: Whole grain entree, fresh fruit and choice of milk.

Milk: Low fat/Fat free and chocolate on Friday only.

Daily Salad Bar: Fresh/California Grown

Includes: 1/2 Cup lettuce, grape tomatoes, baby carrots, cucumber slices and salad dressing.

Assorted fruits/vegetables offered based on availability

Monday	Tuesday	Wednesday	Thursday	Friday
3 (B) Yogurt & Granola (L) Egg & Potato Empanada	4 (B) Honey Nut Cheerios (L) Chicken Quesadilla	5 (B) WW Cinnamon Bun (L) Fruit & Yogurt Parfait	6 (B) Bagel with Cream Cheese (L) Cheese Lasagna Rolls	7 (B) Banana Muffin (L) Sloppy Joes
10 (B) Yogurt & Granola (L) Whole Wheat Pancakes	11 (B) Buttermilk Twin Bar (L) Bean & Cheese Burrito	12 (B) Ultimate Breakfast Round (L) Mozzarella Cheese Stick	13 (B) Bagel with cream cheese (L) Salisbury Steak	14 (B) Assorted Pastries (L) BBQ Pork Rib Sandwich
17 (B) Yogurt & Granola (L) Mini French Toast with Chocolate Chips	18 (B) Blueberry Muffin (L) Chicken Fajtas Tacos	19 (B) Mexican Concha (L) Turkey & Cheese Croissant	20 <i>Birthday Lunch Celebration</i> WG Spaghetti Bolognese Chocolate Cake/Ice Cream	21 (B) Assorted Breads (L) Toasted cheese sandwich
24 (B) Yogurt & Granola (L) Chicken & Waffles	25 (B) Cherry Apple Crunch Bar (L) Fiesta Carnitas Nachos	26 (B) Mini Orange Muffin (L) Pepperoni Pizza Bagel	27 (B) Bagel with Cream Cheese (L) Teriyaki Beef Dippers w/ Brown Rice	28 (B) Nutrigrain Bar (L) Chicken Patty on a Bun
31 (B) Yogurt & Granola (L) Sausage, Egg & Cheese Biscuit				

Octubre 2022

Para el ciclo escolar 2022-23, el programa federal de alimentación gratuita continua en el Distrito Escolar de Cardiff diariamente para los estudiantes. Además los estudiantes podrán tomar el desayuno gratuito antes de clases.



***(B)-Breakfast/Desayuno (L)-Lunch/Almuerzo

Desayuno diario antes de clases

Incluye: alimento de trigo, fruta y leche

Barra de ensalada; fresca de California

Incluye: 1/2 taza de lechuga, tomate, zanahorias pepinos y aderezo.

Monday	Tuesday	Wednesday	Thursday	Friday
3 (B) Yogurt con granola (L) Empanada de papa	4 (B) Honey nut cheerios (L) Quesadilla de pollo	5 (B) Pan de canela (L) Parfait de yogurt y fruta	6 (B) Bagel con queso crema (L) Lasaña de queso	7 (B) Mini muffin de platano (L) Sloppy Joes
10 (B) Yogurt con granola (L) Panqueques de trigo	11 (B) Buttermilk twin bar (L) Burrito de frijol y queso	12 (B) Ultimate breakfast round (L) Mozzarella cheese stick	13 (B) Bagel con queso crema (L) Bistek salisbury	14 (B) Pastelitos surtidos (L) Sandwich de puerco con BBQ
17 (B) Yogurt y granola (L) Pan francés con chocolate	18 (B) Mini muffin de arándano (L) Fajitas de pollo	19 (B) Mexican concha (L) Sandwich de pavo y queso	20 <i>Almuerzo de cumpleaños</i> Espagueti boloñesa pastel de chocolate/nieve	21 (B) Pan surtido (L) Sandwich de queso
24 (B) Yogurt con granola (L) Waffles y pollo	25 (B) Cherry apple crunch bar (L) Nachos con carnitas	26 (B) Mini muffin de naranja (L) Bagel de peperoni	27 (B) Bagel con queso crema (L) Carne en teriyaki con arroz integral	28 (B) Nutrigrain bar (L) Sandwich de pollo
31 (B) Yogurt con granola (L) Biscuit con salchicha, huevo y queso				

Leche: baja en grasa/sin grasa/chocolate solo los viernes

Frutas y vegetales de acuerdo a su disponibilidad.