

BULLIS CHARTER SCHOOL

OCTOBER 2024

Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
30 - Sloppy Joe - Wet Beef Burrito - Vegan Red Beans & Rice - Sunbutter & Jelly Sandwich - Spicy Chicken Wrap - Bagel Kit	1 - Pesto Chicken W/ Olive Oil & Parmesan Pasta - Chicken Corn Dog - Veggie Fried Rice - Italian Deli Sub - Cobb Salad Wrap - Bagel Kit	2 - Greek Chicken W/ Rice Pilaf - Chicken Enchiladas - Cheesy Bean Dip W/ Tortilla Chips - Yogurt Berry Parfait W/ Muffin - Breaded Chicken Wrap - Bagel Kit	3 - Breaded Chicken Sandwich - Teriyaki Chicken W/ Rice & Veggies - Cheese Ravioli W/ Marinara Sauce - Breaded Chicken Salad - Egg Salad Sandwich - Bagel Kit	4 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Roll - Turkey & Cheese Sandwich - Bagel Kit
7 - Cheeseburger - Chicken Fried Rice - Pasta X Plosion! - Sunbutter & Jelly Sandwich - Cobb Salad Wrap - Bagel Kit	8 - Spaghetti W/ Beef Meatsauce - Beef Hot Dog - Black Bean & Veggie Burrito - Teriyaki Chicken Sushi Bowl - Big Kahuna Tuna Wrap - Bagel Kit	9 - Sweet & Sour Chicken Bowl - Mr. Mike's Bbq Chicken Sandwich - Cheese Quesadilla - Farmer's Market Chicken Salad W/ Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	10 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Cornbread - Bean & Cheese Burrito - Hummus Rainbow Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit	11 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken W/ Rice Pilaf - Bbq Chicken Wrap - Italian Market Salad - Bagel Kit
14 - Hamburger - Pasta W/ Olive Oil & Parmesan Cheese - Curry Fried Rice - Sunbutter & Jelly Sandwich - Chicken Bacon Ranch Wrap - Bagel Kit	15 - Chicken Corn Dog - Chicken Burrito - Veggie Chow Mein - Chicken Caesar Wrap - Athenian Chicken Salad W/ Pita Triangles - Bagel Kit	16 - Beef Burrito - Chicken Chow Mein - Pasta W/ Marinara & Mozzarella Cheese - Yogurt Berry Parfait W/ Muffin - Pesto Caprece Salad - Bagel Kit	17 - Breaded Chicken Sandwich - Chicken Kapama W/ Olive Oil & Parmesan Pasta - Mac & Cheese - Farmer's Market Egg Salad W/ Roll - Turkey & Cheese Hoagie - Bagel Kit	18 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Roll - Italian Deli Sub - Bagel Kit
21 - Cheeseburger - Bbq Chicken Pasta - Broccoli Cheddar Potato Bowl W/ Roll - Turkey & Cheese Sandwich - Chicken Caesar Wrap - Bagel Kit	22 - Beef Hot Dog - Greek Chicken W/ Rice Pilaf - Bean & Cheese Burrito - Sunbutter & Jelly Sandwich - Smoked Chicken Wrap - Bagel Kit	23 - Carribean Jerk Chicken W/ Rice - Chicken Parmesan Hoagie - Pasta Primavera - Chicken Bacon Ranch Salad W/ Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	24 - Louisiana Jambalaya - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce - Tuna Sandwich - Chicken Pesto Wrap - Bagel Kit	25 - Pepperoni Pizza - Cheese Pizza - Chicken Fajita Bowl - Asian Chicken Wrap - Santa Fe Chicken Salad - Bagel Kit
28 - Hamburger - Wet Beef Burrito - Vegan Red Beans & Rice - Egg Salad Sandwich - Spicy Chicken Wrap - Bagel Kit	29 - Pesto Chicken W/ Olive Oil & Parmesan Pasta - Chicken Corn Dog - Vegan Fried Rice - Italian Deli Sub - Cobb Salad Wrap - Bagel Kit	30 - Sloppy Joe - Teriyaki Chicken W/ Rice & Veggies - Mac & Cheese - Yogurt Berry Parfait W/ Muffin - Breaded Chicken Wrap - Bagel Kit	31 - Breaded Chicken Sandwich - Chicken Enchiladas - Cheesy Bean Dip W/ Tortilla Chips - Breaded Chicken Salad - Sunbutter & Jelly Sandwich - Bagel Kit	1

Drinks

1% Milk, Nonfat Milk, Nonfat Milk, 1% Milk, 1% Milk

BULLIS CHARTER SCHOOL

OCTOBER 2024

Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
30 - Bagel W/ Cream Cheese - Breakfast Cereal	1 - Bagel W/ Cream Cheese - Breakfast Cereal	2 - Concha - Breakfast Cereal	3 - Yogurt W/ Grahams - Breakfast Cereal	4 - Cherry Frudel - Breakfast Cereal
7 - Bagel W/ Cream Cheese - Breakfast Cereal	8 - Breakfast Scones - Breakfast Cereal	9 - Concha - Breakfast Cereal	10 - Breakfast Muffins - Breakfast Cereal	11 - Sbj Sandwich - Breakfast Cereal
14 - Breakfast Scones - Breakfast Cereal	15 - Bagel W/ Cream Cheese - Breakfast Cereal	16 - Breakfast Muffins - Breakfast Cereal	17 - Cinnamon Swirl - Breakfast Cereal	18 - Cheesy Cornbread Muffin - Breakfast Cereal
21 - Sbj Sandwich - Breakfast Cereal	22 - Bagel W/ Cream Cheese - Breakfast Cereal	23 - Concha - Breakfast Cereal	24 - Apple Cinnamon Frudel - Breakfast Cereal	25 - Breakfast Scones - Breakfast Cereal
28 - Bagel W/ Cream Cheese - Breakfast Cereal	29 - Cowboy Bread - Breakfast Cereal	30 - Concha - Breakfast Cereal	31 - Yogurt W/ Grahams - Breakfast Cereal	1

Drinks

1% Milk, Nonfat Milk, Nonfat Milk, 1% Milk, 1% Milk

This institution is an equal opportunity provider and employer



ALL BREAKFAST ENTREES INCLUDE A FRUIT AND MILK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



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lunchmaster@thelunchmaster.com



www.thelunchmaster.com

BULLIS CHARTER SCHOOL OCTOBER 2024

Vegan / Gluten Free
Menu



Monday	Tuesday	Wednesday	Thursday	Friday
30 - Vegan Fried Rice	1 - Myo Vegan Tacos	2 - Vegan Chickpea Tikka Masala	3 - Vegan Pinto Pozole W/ Tortilla Chips	4 - Vegan Spanish Beans W/ Cilantro Lime Rice
7 - Vegan 3 Bean Chili W/ Tortilla Chips	8 - Vegan Fried Rice	9 - Vegan Bean Burrito Bowl	10 - Myo Vegan Tacos	11 - Vegan Chickpea Tikka Masala
14 - Vegan Pinto Pozole W/ Tortilla Chips	15 - Vegan Spanish Beans W/ Cilantro Lime Rice	16 - Vegan 3 Bean Chili W/ Tortilla Chips	17 - Vegan Fried Rice	18 - Vegan Bean Burrito Bowl
21 - Myo Vegan Tacos	22 - Vegan Chickpea Tikka Masala	23 - Vegan Pinto Pozole W/ Tortilla Chips	24 - Vegan Spanish Beans W/ Cilantro Lime Rice	25 - Vegan 3 Bean Chili W/ Tortilla Chips
28 - Vegan Fried Rice	29 - Myo Vegan Tacos	30 - Vegan Chickpea Tikka Masala	31 - Vegan Pinto Pozole W/ Tortilla Chips	1

Drinks

1% Milk, Nonfat Milk, Nonfat Milk, 1% Milk, 1% Milk

This institution is an equal opportunity provider and employer



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



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



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BULLIS CHARTER SCHOOL

OCTOBER 2024

Dietary Info Lunch



Date	Menu Item	Allergens
Monday 30	Sloppy Joe	Wheat, Soy, Beef, Tomato
	Wet Beef Burrito	Wheat, Soy, Milk, Beef
	Vegan Red Beans & Rice	Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Spicy Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit	Wheat, Milk
Tuesday 1	Pesto Chicken W/ Olive Oil & Parmesan Pasta	Wheat, Chicken, Milk
	Chicken Corn Dog	Wheat, Soy, Egg, Chicken, Turkey, Sesame
	Veggie Fried Rice	Wheat, Soy, Egg, Sesame
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey
	Cobb Salad Wrap	Wheat, Chicken, Milk, Pork, Egg, Fish, Shellfish, Tomato, Beef
	Bagel Kit	Wheat, Milk
Wednesday 2	Greek Chicken W/ Rice Pilaf	Chicken
	Chicken Enchiladas	Soy, Milk, Chicken, Tomato
	Cheesy Bean Dip W/ Tortilla Chips	Milk, Soy
	Yogurt Berry Parfait W/ Muffin	Wheat, Egg, Milk, Soy
	Breaded Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit	Wheat, Milk
Thursday 3	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame
	Teriyaki Chicken W/ Rice & Veggies	Wheat, Soy, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce	Egg, Milk, Wheat, Tomato
	Breaded Chicken Salad	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Egg Salad Sandwich	Egg, Wheat, Soy
	Bagel Kit	Wheat, Milk
Friday 4	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Bbq Chicken Pizza	Wheat, Soy, Milk, Chicken, Tomato
	Chicken Caesar Salad W/ Roll	Milk, Chicken, Wheat, Egg, Soy, Fish
	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Bagel Kit	Wheat, Milk
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Monday 7	Cheeseburger	Beef, Milk, Wheat, Soy
	Chicken Fried Rice	Wheat, Soy, Egg, Chicken, Sesame
	Pasta X Plosion!	Wheat, Milk, Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Cobb Salad Wrap	Wheat, Chicken, Milk, Pork, Egg, Fish, Shellfish, Tomato, Beef
	Bagel Kit	Wheat, Milk
Tuesday 8	Spaghetti W/ Beef Meatsauce	Wheat, Egg, Beef, Milk, Tomato, Soy
	Beef Hot Dog	Wheat, Beef, Soy
	Black Bean & Veggie Burrito	Milk, Wheat, Tomato
	Teriyaki Chicken Sushi Bowl	Wheat, Soy, Chicken, Sesame
	Big Kahuna Tuna Wrap	Wheat, Soy, Egg, Milk, Fish

601 Taylor Way, San Carlos, CA 94070

BULLIS CHARTER SCHOOL

OCTOBER 2024

Dietary Info Lunch (cont'd)



Date	Menu Item	Allergens
	Bagel Kit	Wheat, Milk
Wednesday 9	Sweet & Sour Chicken Bowl	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Mr. Mike's Bbq Chicken Sandwich	Chicken, Wheat, Soy, Milk, Tomato
	Cheese Quesadilla	Wheat, Milk
	Farmer's Market Chicken Salad W/ Roll	Wheat, Soy, Egg, Milk, Chicken
	Turkey & Cheese On Dutch Crunch	Turkey, Wheat, Milk
	Bagel Kit	Wheat, Milk
Thursday 10	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Beef Chili W/ Cornbread	Wheat, Soy, Egg, Milk, Beef, Tomato
	Bean & Cheese Burrito	Milk, Wheat, Soy
	Hummus Rainbow Wrap	Veg Wheat
	Southwest Veggie Taco Salad W/ Tortilla Chips	Milk, Soy, Tomato, Egg
	Bagel Kit	Wheat, Milk
Friday 11	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Bbq Chicken W/ Rice Pilaf	Chicken, Tomato
	Bbq Chicken Wrap	Milk, Chicken, Wheat, Soy, Egg, Fish, Shellfish
	Italian Market Salad	Wheat, Soy, Milk, Pork, Beef, Turkey
	Bagel Kit	Wheat, Milk
Monday 14	Hamburger	Beef, Wheat, Soy
	Pasta W/ Olive Oil & Parmesan Cheese	Wheat, Milk
	Curry Fried Rice	Veg Wheat, Soy, Egg, Sesame
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Chicken Bacon Ranch Wrap	Wheat, Milk, Pork, Chicken, Egg, Tomato
	Bagel Kit	Wheat, Milk
Tuesday 15	Chicken Corn Dog	Wheat, Soy, Egg, Chicken, Turkey, Sesame
	Chicken Burrito	Milk, Chicken, Wheat, Tomato
	Veggie Chow Mein	Wheat, Soy, Egg, Sesame
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
	Athenian Chicken Salad W/ Pita Triangles	Milk, Chicken, Wheat, Tomato, Pork
	Bagel Kit	Wheat, Milk
Wednesday 16	Beef Burrito	Milk, Wheat, Beef, Soy
	Chicken Chow Mein	Wheat, Soy, Egg, Chicken, Sesame
	Pasta W/ Marinara & Mozzarella Cheese	Wheat, Egg, Milk, Tomato
	Yogurt Berry Parfait W/ Muffin	Wheat, Egg, Milk, Soy
	Pesto Capreze Salad	Wheat, Milk, Tomato
	Bagel Kit	Wheat, Milk
Thursday 17	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame
	Chicken Kapama W/ Olive Oil & Parmesan Pasta	Chicken, Wheat, Milk, Tomato
	Mac & Cheese	Wheat, Milk
	Farmer's Market Egg Salad W/ Roll	Wheat, Egg, Soy, Milk
	Turkey & Cheese Hoagie	Wheat, Milk, Turkey

BULLIS CHARTER SCHOOL

OCTOBER 2024

Dietary Info Lunch (cont'd)



Date	Menu Item	Allergens
Friday 18	Bagel Kit	Wheat, Milk
	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Bbq Chicken Pizza	Wheat, Soy, Milk, Chicken, Tomato
	Chicken Caesar Salad W/ Roll	Milk, Chicken, Wheat, Egg, Soy, Fish
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey
Bagel Kit	Wheat, Milk	
Monday 21	Cheeseburger	Beef, Milk, Wheat, Soy
	Bbq Chicken Pasta	Chicken, Wheat, Milk, Tomato
	Broccoli Cheddar Potato Bowl W/ Roll	Wheat, Milk, Soy, Egg
	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
	Bagel Kit	Wheat, Milk
Tuesday 22	Beef Hot Dog	Wheat, Beef, Soy
	Greek Chicken W/ Rice Pilaf	Chicken
	Bean & Cheese Burrito	Milk, Wheat, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Smoked Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Bagel Kit	Wheat, Milk
Wednesday 23	Carribbean Jerk Chicken W/ Rice	Chicken, Tomato, Soy
	Chicken Parmesan Hoagie	Wheat, Soy, Milk, Tomato, Chicken
	Pasta Primavera	Wheat, Milk, Soy
	Chicken Bacon Ranch Salad W/ Roll	Pork, Milk, Chicken, Wheat, Egg, Tomato, Soy
	Turkey & Cheese On Dutch Crunch	Turkey, Wheat, Milk
	Bagel Kit	Wheat, Milk
Thursday 24	Louisiana Jambalaya	Beef, Tomato, Turkey
	Chicken Nuggets W/ Rice Pilaf	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce	Egg, Milk, Wheat, Tomato
	Tuna Sandwich	Wheat, Egg, Fish, Soy
	Chicken Pesto Wrap	Chicken, Wheat, Milk, Soy
	Bagel Kit	Wheat, Milk
Friday 25	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Chicken Fajita Bowl	Chicken
	Asian Chicken Wrap	Wheat, Soy, Milk, Chicken, Sesame
	Santa Fe Chicken Salad	Chicken, Milk, Tomato, Soy, Egg
	Bagel Kit	Wheat, Milk
Monday 28	Hamburger	Beef, Wheat, Soy
	Wet Beef Burrito	Wheat, Soy, Milk, Beef
	Vegan Red Beans & Rice	Tomato
	Egg Salad Sandwich	Egg, Wheat, Soy
	Spicy Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame

BULLIS CHARTER SCHOOL

OCTOBER 2024

Dietary Info Lunch (cont'd)



Date	Menu Item	Allergens
Tuesday 29	Bagel Kit	Wheat, Milk
	Pesto Chicken W/ Olive Oil & Parmesan Pasta	Wheat, Chicken, Milk
	Chicken Corn Dog	Wheat, Soy, Egg, Chicken, Turkey, Sesame
	Vegan Fried Rice	V Soy, Sesame
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey
	Cobb Salad Wrap	Wheat, Chicken, Milk, Pork, Egg, Fish, Shellfish, Tomato, Beef
Wednesday 30	Bagel Kit	Wheat, Milk
	Sloppy Joe	Wheat, Soy, Beef, Tomato
	Teriyaki Chicken W/ Rice & Veggies	Wheat, Soy, Chicken, Sesame
	Mac & Cheese	Wheat, Milk
	Yogurt Berry Parfait W/ Muffin	Wheat, Egg, Milk, Soy
	Breaded Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
Thursday 31	Bagel Kit	Wheat, Milk
	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame
	Chicken Enchiladas	Soy, Milk, Chicken, Tomato
	Cheesy Bean Dip W/ Tortilla Chips	Milk, Soy
	Breaded Chicken Salad	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
Bagel Kit	Wheat, Milk	

BULLIS CHARTER SCHOOL

OCTOBER 2024

Dietary Info

Breakfast



Date	Menu Item	Allergens
Monday 30	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 1	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 2	Concha	Wheat, Milk, Egg, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 3	Yogurt W/ Grahams	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 4	Cherry Frudel	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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Monday 7	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 8	Breakfast Scones	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 9	Concha	Wheat, Milk, Egg, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 10	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 11	Sbj Sandwich	Wheat, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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Monday 14	Breakfast Scones	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 15	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 16	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 17	Cinnamon Swirl	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 18	Cheesy Cornbread Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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Monday 21	Sbj Sandwich	Wheat, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 22	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 23	Concha	Wheat, Milk, Egg, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef

BULLIS CHARTER SCHOOL
OCTOBER 2024

Dietary Info
Breakfast (cont'd)



Date	Menu Item	Allergens
Thursday 24	Apple Cinnamon Frudel	Veg
	Breakfast Cereal	Wheat, Soy, Egg, Milk Wheat, Soy, Milk, Pork, Beef
Friday 25	Breakfast Scones	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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Monday 28	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 29	Cowboy Bread	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 30	Concha	Wheat, Milk, Egg, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 31	Yogurt W/ Grahams	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef

BULLIS CHARTER SCHOOL
OCTOBER 2024

Dietary Info
Vegan / Gluten
Free



Date	Menu Item		Allergens
Monday 30	Vegan Fried Rice	V	Soy, Sesame
Tuesday 1	Myo Vegan Tacos	V	Soy
Wednesday 2	Vegan Chickpea Tikka Masala	V	Tomato, Soy
Thursday 3	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Friday 4	Vegan Spanish Beans W/ Cilantro Lime Rice		Tomato, Soy
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Monday 7	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Tuesday 8	Vegan Fried Rice	V	Soy, Sesame
Wednesday 9	Vegan Bean Burrito Bowl	V	Tomato, Soy
Thursday 10	Myo Vegan Tacos	V	Soy
Friday 11	Vegan Chickpea Tikka Masala	V	Tomato, Soy
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Monday 14	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Tuesday 15	Vegan Spanish Beans W/ Cilantro Lime Rice		Tomato, Soy
Wednesday 16	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Thursday 17	Vegan Fried Rice	V	Soy, Sesame
Friday 18	Vegan Bean Burrito Bowl	V	Tomato, Soy
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Monday 21	Myo Vegan Tacos	V	Soy
Tuesday 22	Vegan Chickpea Tikka Masala	V	Tomato, Soy
Wednesday 23	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Thursday 24	Vegan Spanish Beans W/ Cilantro Lime Rice		Tomato, Soy
Friday 25	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
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Monday 28	Vegan Fried Rice	V	Soy, Sesame
Tuesday 29	Myo Vegan Tacos	V	Soy
Wednesday 30	Vegan Chickpea Tikka Masala	V	Tomato, Soy
Thursday 31	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy