

November 2021 - Refresh Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Pepperoni or Cheese (V) Pizza Baby Carrots (L)	2 BBQ Chicken Sandwich Sunbutter & Jelly Sandwich (V) Cherry Tomato & Cucumber Cups (L)	3 Tuna Salad Over Fresh Greens with Pita Bread (F) Bean & Cheese Pupusa (V) (L) Baby Carrots (L)	4 Crispy Chicken Sandwich (DF) Yogurt Parfait (V) Celery & Cucumber Cups (L)	5 Chicken Caesar Salad Wrap (F) Cheese 'Dilla (V) (L) Baby Carrots (L)
8 Cheeseburger (B) Three Bean Chili with Cheese & Tortilla Chips (V) (L) Baby Carrots (L)	9 Sriracha Turkey Melt Yogurt Snack Pack (V) (O) Jicama with Tajin (L)	10 Meatballs Marinara & Cheesy Garlic Bread (B) Southwest Veggie Wrap (V) Baby Carrots (L)	11 Holiday	12 Chicken Quesadilla Cheesy Garlic Bread with Marinara (V) Baby Carrots (L)
15 Turkey Pepperoni or Cheese (V) Pizza Baby Carrots (L)	16 BBQ Chicken Sandwich Sunbutter & Jelly Sandwich (V) Cherry Tomato & Cucumber Cups (L)	17 Tuna Salad Over Fresh Greens with Pita Bread (F) Bean & Cheese Pupusa (V) (L) Baby Carrots (L)	18 Crispy Chicken Sandwich (DF) Yogurt Parfait (V) Celery & Cucumber Cups (L)	19 Chicken Caesar Salad Wrap (F) Cheese 'Dilla (V) (L) Baby Carrots (L)
22 Holiday	23 Holiday	24 Holiday	25 Holiday	26 Holiday
29 Cheeseburger (B) Three Bean Chili with Cheese & Tortilla Chips (V) (L) Baby Carrots (L)	30 Sriracha Turkey Melt Yogurt Snack Pack (V) (O) Jicama with Tajin (L)			

Menu subject to change based on availability. Meals come with a choice of 1% or fat-free milk and a variety of seasonal fruit. We strive to source local and sustainable products whenever possible. There are no tree nuts or peanuts on the menu. All our poultry meets or exceeds standards for Certified Responsible Antibiotic Use.

(DF) Dairy-free: Contains no milk, cheese, etc.

(V) Vegetarian: Meatless, may have dairy or eggs

(B) Beef: Contains beef

(O) Organic: Made with certified organic

(F) Fish: Contains fish

(L) Local: Produce within 250 miles, meat within 500 miles

October 2021 - Refresh Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
27 Cheeseburger (B) Three Bean Chili with Cheese & Tortilla Chips (V) (L) Baby Carrots (L)	28 Sriracha Turkey Melt Yogurt Snack Pack (V) (O) Jicama with Tajin (L)	29 Meatballs Marinara & Cheesy Garlic Bread (B) Southwest Veggie Wrap (V) Baby Carrots (L)	30 All Beef Hot Dog (B) Bean & Cheese Burrito (V) (L) Cherry Tomato & Cucumber Cups (L)	1 Chicken Quesadilla Cheesy Garlic Bread with Marinara (V) Baby Carrots (L)
4 Turkey Pepperoni or Cheese (V) Pizza Baby Carrots (L)	5 BBQ Chicken Sandwich Sunbutter & Jelly Sandwich (V) Cherry Tomato & Cucumber Cups (L)	6 Tuna Salad Over Fresh Greens with Pita Bread (F) Bean & Cheese Pupusa (V) (L) Baby Carrots (L)	7 Crispy Chicken Sandwich (DF) Yogurt Parfait (V) Celery & Cucumber Cups (L)	8 Chicken Caesar Salad Wrap (F) Cheese 'Dilla (V) (L) Baby Carrots (L)
11 Holiday	12 Sriracha Turkey Melt Yogurt Snack Pack (V) (O) Jicama with Tajin (L)	13 Meatballs Marinara & Cheesy Garlic Bread (B) Southwest Veggie Wrap (V) Baby Carrots (L)	14 All Beef Hot Dog (B) Bean & Cheese Burrito (V) (L) Cherry Tomato & Cucumber Cups (L)	15 Chicken Quesadilla Cheesy Garlic Bread with Marinara (V) Baby Carrots (L)
18 Turkey Pepperoni or Cheese (V) Pizza Baby Carrots (L)	19 BBQ Chicken Sandwich Sunbutter & Jelly Sandwich (V) Cherry Tomato & Cucumber Cups (L)	20 Tuna Salad Over Fresh Greens with Pita Bread (F) Bean & Cheese Pupusa (V) (L) Baby Carrots (L)	21 Crispy Chicken Sandwich (DF) Yogurt Parfait (V) Celery & Cucumber Cups (L)	22 Chicken Caesar Salad Wrap (F) Cheese 'Dilla (V) (L) Baby Carrots (L)
25 Cheeseburger (B) Three Bean Chili with Cheese & Tortilla Chips (V) (L) Baby Carrots (L)	26 Sriracha Turkey Melt Yogurt Snack Pack (V) (O) Jicama with Tajin (L)	27 Meatballs Marinara & Cheesy Garlic Bread (B) Southwest Veggie Wrap (V) Baby Carrots (L)	28 All Beef Hot Dog (B) Bean & Cheese Burrito (V) (L) Cherry Tomato & Cucumber Cups (L)	29 Chicken Quesadilla Cheesy Garlic Bread with Marinara (V) Baby Carrots (L)

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3
Meatballs Marinara & Cheesy Garlic Bread **B**
Southwest Veggie Wrap **V**
Baby Carrots **L**

4
All Beef Hot Dog **DF B L**
Bean & Cheese Burrito **V L**
Cherry Tomato & Cucumber Cups **L**

5
Chicken Quesadilla
Cheesy Garlic Bread with Marinara **V**
Baby Carrots **L**

6
LABOR DAY
NO SCHOOL

7
BBQ Chicken Sandwich
Sunbutter & Jelly Sandwich **V**
Cherry Tomato & Cucumber Cups **L**

8
Tuna Salad Over Fresh Greens with Pita Bread **F**
Bean & Cheese Pupusa **V L**
Baby Carrots **L**

9
Crispy Chicken Sandwich **DF**
Yogurt Parfait **V**
Cucumber & Celery Cups **L**

10
Chicken Caesar Salad Wrap **F**
Cheese 'Dilla **V L**
Baby Carrots **L**

13
Cheeseburger **B**
Three Bean Chili with Cheese & Tortilla Chips **V L**
Baby Carrots **L**

14
Sriracha Turkey Melt
Yogurt Snack Pack **V O**
Jicama with Tajín **L**

15
Meatballs Marinara & Cheesy Garlic Bread **B**
Southwest Veggie Wrap **V**
Baby Carrots **L**

16
All Beef Hot Dog **DF B L**
Bean & Cheese Burrito **V L**
Cherry Tomato & Cucumber Cups **L**

17
Chicken Quesadilla
Cheesy Garlic Bread with Marinara **V**
Baby Carrots **L**

20
Turkey Pepperoni or Cheese **V** Pizza
Baby Carrots **L**

21
BBQ Chicken Sandwich
Sunbutter & Jelly Sandwich **V**
Cherry Tomato & Cucumber Cups **L**

22
Tuna Salad Over Fresh Greens with Pita Bread **F**
Bean & Cheese Pupusa **V L**
Baby Carrots **L**

23
Crispy Chicken Sandwich **DF**
Yogurt Parfait **V**
Cucumber & Celery Cups **L**

24
Chicken Caesar Salad Wrap **F**
Cheese 'Dilla **V L**
Baby Carrots **L**

27
Cheeseburger **B**
Three Bean Chili with Cheese & Tortilla Chips **V L**
Baby Carrots **L**

28
Sriracha Turkey Melt
Yogurt Snack Pack **V O**
Jicama with Tajín **L**

29
Meatballs Marinara & Cheesy Garlic Bread **B**
Southwest Veggie Wrap **V**
Baby Carrots **L**

30
All Beef Hot Dog **DF B L**
Bean & Cheese Burrito **V L**
Cherry Tomato & Cucumber Cups **L**

31

Meals come with a choice of 1% or fat-free milk and a variety of seasonal fruit. We strive to source local and sustainable products whenever possible. There are no tree nuts or peanuts on the menu. All our poultry meets or exceeds standards for Certified Responsible Antibiotic Use.

Menu subject to change based on availability.

Follow us!   
@sfusdschoolfood
#refreshlunch
School.Lunch@sfusd.edu



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September

MENU SUPPER

DF Dairy-free Contains no milk, cheese, etc.

B Beef Contains beef

F Fish Contains fish

V Vegetarian Meatless, may have dairy or eggs

O Organic Made with certified organic

L Local Produce within 250 miles, meat within 500 miles

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL

NO SCHOOL

16

Turkey Deli Combo Sandwich
Cheese Sandwich
Baby Carrots

17

Chicken Salad Sandwich
Build Your Own Cheese Pizza
Kit
Celery Sticks

18

Meatballs Marinara & Cheesy
Garlic Bread
Southwest Veggie Wrap
Baby Carrots

19

All Beef Hot Dog
Bean & Cheese Burrito
Cherry Tomato &
Cucumber Cups

20

Chicken Quesadilla
Cheesy Garlic Bread with
Marinara
Baby Carrots

23

Turkey Pepperoni or
Cheese Pizza
Baby Carrots

24

BBQ Chicken Sandwich
Sunbutter & Jelly Sandwich
Cherry Tomato &
Cucumber Cups

25

Tuna Salad Over Fresh Greens
with Pita Bread
Bean & Cheese Pupusa
Baby Carrots

26

Crispy Chicken Sandwich
Yogurt Parfait
Cucumber & Celery Cups

27

Chicken Caesar Salad Wrap
Cheese 'Dilla
Baby Carrots

30

Cheeseburger
Three Bean Chili with Cheese
& Tortilla Chips
Baby Carrots

31

Sriracha Turkey Melt
Yogurt Snack Pack
Jicama with Tajín

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Italicized entrées are provided by our partner Revolution Foods.



refresh

August

MENU SUPPER

Dairy-free Contains no milk, cheese, etc.

Beef Contains beef

Fish Contains fish

Vegetarian Meatless, may have dairy or eggs

Organic Made with organic ingredients

Local Produce within 250 miles, meat within 500 miles

August - Refresh Supper Menu

16 Turkey Deli Combo Sandwich Cheese Sandwich Baby Carrots	17 Chicken Salad Sandwich Build Your Own Cheese Pizza Kit Celery Sticks	18 Meatballs Marinara & Cheesy Garlic Bread Southwest Veggie Wrap Baby Carrots	19 All Beef Hot Dog Bean & Cheese Burrito Cherry Tomato & Cucumber Cups	20 Chicken Quesadilla Cheesy Garlic Bread with Marinara Baby Carrots
23 Turkey Pepperoni or Cheese Pizza Baby Carrots	24 BBQ Chicken Sandwich Sunbutter & Jelly Sandwich Cherry Tomato & Cucumber Cups	25 Tuna Salad Over Fresh Greens with Pita Bread Bean & Cheese Pupusa Baby Carrots	26 Crispy Chicken Sandwich Yogurt Parfait Cucumber & Celery Cups	27 Chicken Caesar Salad Wrap Cheese 'Dilla Baby Carrots
30 Cheeseburger Three Bean Chili with Cheese & Tortilla Chips Baby Carrots	31 Sriracha Turkey Melt Yogurt Snack Pack Jicama with Tajín			