



# OCTOBER 2025

## MIDDLE & HIGH SCHOOL BREAKFAST AND LUNCH MENU

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



#### Colored Conchas **6** Egg McMuffin w/ Bacon

Galaxy Cheese Pizza  
Teriyaki Chicken Bowl  
Chicken Nuggets  
Red Chicken Tamale

#### Lemon Muffin **7** Mini Confetti Pancake

Red Pork Pozole  
Spicy Chicken Tenders Wrap  
Grilled Cheese Sandwich  
Spicy Cardinal Chicken Sandwich

#### Breakfast Pizza **8** Sausage, Egg & Cheese Biscuit

Vanilla Yogurt Parfait  
Cardinal Burger  
Combination Pizza  
Birria Cheese Pupusa

#### Chocolate Muffin **9** Strawberry Pop Tart

Spicy Chicken Sandwich  
Bean & Cheese Burrito  
Italian Croissant Sandwich  
Shrimp Cocktail

#### Oatmeal Benefit Bar **10** Breakfast Burrito

Cheeseburger  
Spicy Chicken Tenders  
Chicken Wings  
Grape Smuckers

#### Powdered Donut Cake **13** Sausage, Egg & Cheese Bagel

Chili Beans w/ Ground Beef  
Chicken Drumsticks  
Orange Chicken Rice Bowl  
Grilled Cheese Sandwich

#### Berry Muffin **14** Breakfast Sandwich

BBQ Chicken Salad  
Chicken Nuggets  
Chicken Fajita Burrito  
Cardinal Spicy Chicken Sandwich

#### Cinnamon Roll **15** Bacon, Egg & Cheese Biscuit

Bacon Cheeseburger  
Angry Mac N Cheese  
Turkey Pepperoni Pizza  
Strawberry Smuckers

#### Chocolate Muffin **16** Blueberry Waffle

Bean & Cheese Burrito  
Green Chicken Tamale  
Spicy Chicken Sandwich  
Turkey, Bacon, Cheese Sandwich  
on Croissant

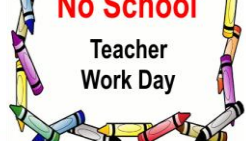
#### Cinnamon Roll **17** Banana Benefit Bar

Galaxy Cheese Pizza  
Chili Verde Enchiladas  
Cheeseburger  
Sriracha Chicken w/ Chow Mein

#### French Toast Stick **20** Egg McMuffin w/ Sausage

Chicken Crispito  
Chicken Corn Dog  
Chicken Alfredo  
Grape Smuckers

#### **No School** **Teacher** **Work Day**



#### Sausage & Cheese Biscuit **22** Pancake Sausage Stick

Vanilla Yogurt Parfait  
Cardinal Burger  
Combination Pizza  
Chicken Wings

#### Chocolate Muffin **23** Strawberry Mini Bagel

Spicy Chicken Sandwich  
Bean & Cheese Burrito  
Pork Burrito  
Ham w/ Cheese on Croissant

#### Breakfast Burrito **24** Cinnamon Toast Crunch Bar

Cheeseburger  
Green Chicken Pozole  
Cheese Bites  
Chili Colorado Pork Enchiladas

#### Mini Chocolate Donut **27** Bacon, Egg & Cheese Bagel

Chili Corn Dog  
Shredded Pork Tacos  
Angry Cardinal Mac N Cheese  
Chicken Crispito

#### Blueberry Muffin **28** Glazed Chocolate Donut

Chef Salad  
Carna Asada Street Tacos  
Spicy Chicken Sandwich  
Strawberry Smuckers

#### Twin Buttermilk Bar **29** Bacon, Egg & Cheese Biscuit

Bacon Cheeseburger  
Turkey Pepperoni Pizza  
Chicken Potato Bowl  
Grilled Chicken Sandwich

#### Chocolate Muffin **30** Honey Bun

Bean & Cheese Burrito  
Chicken Corn Dog  
Spicy Chicken Sandwich  
Turkey, Bacon, Cheese Sandwich  
on Croissant

#### Cinnamon Roll **31** Chocolate Chip Muffin Top

Galaxy Cheese Pizza  
Cheeseburger  
Chicken Nuggets  
Sriracha Chicken w/ Fried Rice



#### MENU ITEMS ARE SUBJECT TO CHANGE

- Choice of low-fat & fat-free chocolate milk is offered daily.
- Fruits & Vegetables offered daily.

2025-26 COJUSD will continue to operate under Community Eligibility Provision.  
All students enrolled will receive free breakfast and lunch at no cost.

“This institution is an equal opportunity provider.”