

October 2025

MILPITAS UNIFIED SCHOOL DISTRICT

Breakfast & Lunch Menu

MENU KEY

(B) Beef
(C) Chicken
(P) Pork
(T) Turkey
(V) Vegetarian
(VG) Vegan

**WE ARE PROUD TO OFFER
A COMPLEMENTARY BREAKFAST
& LUNCH TO ALL STUDENTS**

**SERVING ORGANIC SEASONAL
FRUIT FROM LOCAL FARMS!**

EACH MEAL:

Students are offered an 8 oz serving
of Low Fat Plain Milk or Nonfat
Chocolate with each meal.

OFFER VS SERVE:

Students must choose 3 out of the 5
components, including a 1/2 Cup of
fruit or vegetable.

MEAL SERVICE:

Students will be asked for their
Student ID Card or Student ID
Number during Meal Service.

ALLERGEN REPORT & Medical Statement Meal Accomodation

Form: Available online at
nutrition.musd.org

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Yogurt Parfait with Granola & Berries (V) French Toast Sticks Organic Cereal Variety w/ Cracker Fruit Juice ----- Chicken Caesar Salad & Corn Muffin (C) Veggie Nuggets (VG) & Garlic Breadstick (V) BBQ Beans Fresh Fruit	2 Turkey Ham & Cheese Croissant Sandwich (T) Bagel and Cream Cheese Organic Cereal Variety w/ Cracker Fresh Fruit ----- Texas BBQ Chicken, Mashed Potatoes & Corn Muffin (C) Vegan Chik'n Burger & Tater Tots (VG) Garden Salad Organic Fruit	3 Mini Cinnamon Rolls Yogurt Parfait with Granola & Peaches (V) Organic Cereal Variety w/ Cracker Fruit Juice ----- Taco Pocket (T) Caprese Sandwich (V) Baby Carrots Fresh Fruit
		Minimum Day	Minimum Day	Minimum Day
6 Benefit Breakfast Bar Spicy Cheddar and Egg Calzone (V) Organic Cereal Variety w/ Cracker Fruit Juice ----- Chicken Nuggets & Waffle (C) Cheese Pillow Pull Apart (V) Marinara cup Baby Carrots Fresh Fruit	7 Chocolate Muffin Smoothie with Cheese Stick Organic Cereal Variety w/ Cracker Fresh Fruit ----- Taco Pocket (T) Red Curry with Tofu & Rice (VG) Corn Fruit Juice	8 Yogurt Parfait with Granola & Berries (V) French Toast Sticks Organic Cereal Variety w/ Cracker Fruit Juice ----- Corn Dog (C) Vegan Bolognese & Rotini Pasta (VG) Side of Parmesan Cheese Garden Salad Fresh Fruit	9 Turkey Ham & Cheese Croissant Sandwich (T) Bagel and Cream Cheese Organic Cereal Variety w/ Cracker Fresh Fruit ----- Cheeseburger & Potato Wedges (B) Stuffed Cheese Sticks & Potato Wedges (V) Marinara cup Bean & Corn Salad Organic Fruit	10 Mini Cinnamon Rolls Yogurt Parfait with Granola & Peaches (V) Organic Cereal Variety w/ Cracker Fruit Juice ----- Chicken Alfredo Pasta with Peas & Carrots (C) Galaxy Cheese Pizza (V) Baby Carrots
				Fruit Juice Isee
				Indigenous People's Day Celebration
13 Indigenous People's Day	14 Chocolate Muffin Smoothie with Cheese Stick Organic Cereal Variety w/ Cracker Fresh Fruit ----- Orange Chicken with Pineapple Fried Rice (C) Grilled Cheese Sandwich (V) Broccoli Fruit Juice	15 French Toast Sticks Organic Cereal Variety w/ Cracker Fruit Juice ----- Fish Nuggets & Sweet Potato Fries (F) Cheese Pillow Pull Apart (V) Marinara cup Chili Beans Fresh Fruit  Cookie	16 Turkey Ham & Cheese Croissant Sandwich (T) Bagel and Cream Cheese Organic Cereal Variety w/ Cracker Fresh Fruit ----- Chicken Fillet Sandwich (C) Garlic Cheese Toast (V) Baby Carrots Organic Fruit	17 Mini Cinnamon Rolls Yogurt Parfait with Granola & Peaches (V) Organic Cereal Variety w/ Cracker Fruit Juice ----- Beef Taco Bowl with Spanish Rice & Tortilla Chips (B) Side of Shredded Lettuce, Cheese & Tomato Cheese Pizza Wedge (V) Corn Fresh Fruit
		Happy National School Lunch Week		
20 Benefit Breakfast Bar Spicy Cheddar and Egg Calzone (V) Organic Cereal Variety w/ Cracker Fruit Juice ----- Pepperoni Pizza Wedge (B,P) Mac & Cheese (V) Baby Carrots Fresh Fruit	21 Chocolate Muffin Smoothie with Cheese Stick Organic Cereal Variety w/ Cracker Fresh Fruit ----- Teriyaki Chicken, Stir Fry Veggies & Rice (C) Grilled Cheese Sandwich (V) Corn Fruit Juice	22 Yogurt Parfait with Granola & Berries (V) French Toast Sticks Organic Cereal Variety w/ Cracker Fruit Juice ----- Chicken Caesar Salad & Corn Muffin (C) Veggie Nuggets (VG) & Garlic Breadstick (V) BBQ Beans Fresh Fruit	23 Turkey Ham & Cheese Croissant Sandwich (T) Bagel and Cream Cheese Organic Cereal Variety w/ Cracker Fresh Fruit ----- Texas BBQ Chicken, Mashed Potatoes & Corn Muffin (C) Vegan Chik'n Burger & Tater Tots (VG) Garden Salad Organic Fruit	24 Mini Cinnamon Rolls Yogurt Parfait with Granola & Peaches (V) Organic Cereal Variety w/ Cracker Fruit Juice ----- Taco Pocket (T) Caprese Sandwich (V) Baby Carrots Fresh Fruit
27 Benefit Breakfast Bar Spicy Cheddar and Egg Calzone (V) Organic Cereal Variety w/ Cracker Fruit Juice ----- Chicken Nuggets & Waffle (C) Cheese Pillow Pull Apart (V) Marinara cup Baby Carrots Fresh Fruit	28 Chocolate Muffin Smoothie with Cheese Stick Organic Cereal Variety w/ Cracker Fresh Fruit ----- Taco Pocket (T) Red Curry with Tofu & Rice (VG) Corn Fruit Juice	29 Yogurt Parfait with Granola & Berries (V) French Toast Sticks Organic Cereal Variety w/ Cracker Fruit Juice ----- Corn Dog (C) Vegan Bolognese & Rotini Pasta (VG) Side of Parmesan Cheese Garden Salad Fresh Fruit	30 Turkey Ham & Cheese Croissant Sandwich (T) Bagel and Cream Cheese Organic Cereal Variety w/ Cracker Fresh Fruit ----- Cheeseburger & Potato Wedges (B) Stuffed Cheese Sticks & Potato Wedges (V) Marinara cup Bean & Corn Salad Organic Fruit	31 Mini Cinnamon Rolls Yogurt Parfait with Granola & Peaches (V) Organic Cereal Variety w/ Cracker Fruit Juice ----- Chicken Alfredo Pasta with Peas & Carrots (C) Galaxy Cheese Pizza (V) Baby Carrots Fresh Fruit  Cookie Happy Halloween!

Menu is Subject to Change without Notice.

This Institution is an equal opportunity provider.