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ALL Student Meals are FREE - Meal includes main entrée, fresh fruit and milk

SPRING 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Entrées	Egg and Ham Sandwich	Burrito (meat and no meat)	Bagel w/ Cream Cheese 	Eggs w/ Potatoes & Croissant 	Chilaquiles  
Bakery Items	Waffles w/ syrup 	Fresh Baked Muffins 	Fresh Baked Cinnamon Rolls 	Fresh Baked Muffins 	French Toast sticks w/ syrup 
Grab & Go Parfait	Crunchy Berry Parfait Overnight Oats 	Crunchy Berry Parfait Overnight Oats 	Crunchy Berry Parfait Overnight Oats 	Crunchy Berry Parfait Overnight Oats 	Crunchy Berry Parfait Overnight Oats 
Cereals	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  

<p>Staff Prices: Brunch = \$4.50 Lunch = \$6.00</p>	<p>Fresh, locally-sourced produce offered daily. Water and second meals can be purchased with funds in student accounts. For more information, go to https://www.fuhsd.org/departments/nutrition-services</p> <p>Menu subject to change based on availability - This institute is an equal opportunity provider</p>	
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KEY:  = Dairy Free  = Gluten Free  = Vegetarian  = Vegan



LYNBROOK CAFÉ LUNCH MENU - SPRING 2025

ALL Student Meals are FREE - Meal includes main entrée, fruit, vegetable and milk



SPRING 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Entrée	Thai Chili Chicken w/ Rice 	Nashville Chicken Tenders w/ Fries	Pasta Bolognese	Chicken Tikka Masala w/ Rice 	Carnitas Burrito Bowl
Deli Delights	Grilled Cheese Sandwich 	Vegan Chili w/ Breadstick 	Nashville Chicken Wrap	Pulled Pork Sandwich	Italian Melt
No Meat Zone	Tofu Rice Bowl 	Plant based tenders w/ Fries 	Vegetarian Pasta 	Tofu Tikka Masala w/ Rice 	Vegetarian Burrito Bowl
Grab & Go	Southwest Chicken Salad Yogurt Parfait Kale House Salad 	Southwest Chicken Salad Yogurt Parfait Kale House Salad 	Southwest Chicken Salad Yogurt Parfait Kale House Salad 	Southwest Chicken Salad Yogurt Parfait Kale House Salad 	Southwest Chicken Salad Yogurt Parfait Kale House Salad
Pizzeria	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni	Cheese Pepperoni
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