

MENU

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OCTOBER
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Breakfast

		1 Blueberry Sheet Pan Pancakes ^{SC,V,WG}	2 Sausage, Egg, and Cheese sandwich on a Truckee Sourdough English muffin ^{WG}	3 Yogurt Parfait
6 Truckee Sourdough Bagel ^{LS,V,WG} w/ cream cheese	7 Scrambled Eggs with Potatoes and Cheese	8 Blueberry Sheet Pan Pancakes ^{SC,V,WG}	9 Sausage, Egg, and Cheese sandwich on a Truckee Sourdough English muffin ^{WG}	10 Yogurt Parfait
13 Truckee Sourdough Bagel ^{LS,V,WG} w/ cream cheese	14 Scrambled Eggs with Potatoes and Cheese	15 Blueberry Sheet Pan Pancakes ^{SC,V,WG}	16 Sausage, Egg, and Cheese sandwich on a Truckee Sourdough English muffin ^{WG}	17 Yogurt Parfait
20 Fall Break	21 Fall Break	22 Fall Break	23 Fall Break	24 Fall Break
27 Truckee Sourdough Bagel ^{LS,V,WG} w/ cream cheese	28 Scrambled Eggs with Potatoes and Cheese	29 Blueberry Sheet Pan Pancakes ^{SC,V,WG}	30 Sausage, Egg, and Cheese sandwich on a Truckee Sourdough English muffin ^{WG}	31 Yogurt Parfait

DF = Dairy Free
LS = Locally Sourced
SC = Scratch-Cooked
V = Vegetarian
WG = Whole Grain

Community Roots Vision: Nourishing Nevada County students with fresh, locally sourced meals, fostering health, sustainability, and community well-being.

www.communityrootsnc.org

All meals served with Clover Sonoma RBST-free 1% or fat free milk^{LS} and fresh fruit.

Cereal^{WG} is offered as an alternative daily.

Menu may vary based on availability.

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