



2025-26 Arroyo/CMS School Breakfast-Lunch Menu & Allergens



December 8-12

Breakfast is served with fruit and milk. Lunch is served with fruit or veggie and milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Melted Cheese Bagel Double Chocolate Muffin Top Breakfast Cereal 	<ul style="list-style-type: none"> Breakfast Burrito Bagel W/ Cream Cheese Breakfast Cereal 	<ul style="list-style-type: none"> French Toast Sticks String Cheese And Mini Muffin 	<ul style="list-style-type: none"> Southwest Breakfast Burrito Pan De Elote Breakfast Cereal 	<ul style="list-style-type: none"> Sausage Egg & Cheese Biscuit Bagel W/ Cream Cheese Breakfast Cereal
<ul style="list-style-type: none"> Bbq Cheeseburger Pasta W/ Olive Oil & Parmesan Veggie Chow Mein Sbj Sammie Chicken Bacon Ranch Wrap Bagel Kit Vegan Fried Rice 	<ul style="list-style-type: none"> Bbq Chicken W/ Rice Pilaf Black Bean & Veggie Burrito Bbq Chicken Wrap Athenian Chicken Salad W/ Pita Triangles Vegan Bean Burrito Bowl 	<ul style="list-style-type: none"> Chicken Chow Mein Pasta W/ Marinara & Mozzarella Cheese Yogurt Berry Parfait W/ Muffin Pesto Caprese Salad Bagel Kit Vegan Chickpea Tikka Masala 	<ul style="list-style-type: none"> Chicken Calzone Sweet And Sour Chicken Cheese Ravioli W/ Marinara Sauce Turkey And Cheese Hoagie 	<ul style="list-style-type: none"> Pepperoni Pizza Cheese Pizza Pesto Chicken Pizza Chicken Caesar Salad W/ Dinner Roll Italian Deli Sub Bagel Kit

Lunch Menu Allergens (listed alphabetically - see bottom for breakfast items)

Lunch Menu Item Allergens:	Wheat	Soy	Egg	Milk	Tomato	Pork	Beef	Chicken	Turkey	Fish	Sesame
Asian Chicken Wrap	X	X		X				X			X
Athenian Chicken Salad W/ Pita Triangles	X			X	X			X			
Bagel Kit	X	X		X							X
Bbq Cheeseburger	X	X		X	X		X				X

Green section: what is available for breakfast

Blue section: what is available for lunch



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Bbq Chicken Pasta	X			X	X			X			
Bbq Chicken Wrap	X	X	X	X				X			
Bbq Chicken Pizza	X	X		X	X	X		X			
Bbq Chicken W/ Rice Pilaf					X			X			
Bean & Cheese Burrito (B & C Burrito)	X	X		X							
Beef Chili W/ Cornbread	X	X	X	X	X		X				
Beef Chili W/ Tortilla Chips	X	X	X	X	X		X				
Beef Hot Dog	X	X					X				X
Black Bean & Veggie Burrito	X			X	X						
Boneless Buffalo Chicken Wings & Rice Pilaf	X	X		X				X			X
Breaded Chicken Salad	X	X	X	X	X			X			X
Breaded Chicken Sandwich	X	X		X				X			X
Breaded Chicken Wrap	X	X	X	X				X			X
Cali Bistro Box	X	X	X	X							
Cheese Pizza	X	X		X	X						
Cheese Wrapadilla	X			X							
Cheeseburger	X	X		X			X				X
Cheese Ravioli W/ Marinara Sauce	X		X	X	X						

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Lunch Menu Item Allergens:	Wheat	Soy	Egg	Milk	Tomato	Pork	Beef	Chicken	Turkey	Fish	Sesame
Cheesy Bean Dip W/ Tortilla Chips		X		X							
Cheesy Breadsticks W/ Marinara Sauce	X	X		X	X						X
Chicken & Rice Soup	X	X						X			X
Chicken Bacon Ranch Salad W/ Dinner Roll	X	X	X	X	X	X		X			X
Chicken Bacon Ranch Wrap	X		X	X	X	X		X			
Chicken Caesar Salad W/ Dinner Roll	X	X		X				X		X	
Chicken Caesar Wrap	X		X	X				X		X	
Chicken Calzone	X	X	X	X	X	X		X		X	X
Chicken Chow Mein	X	X	X					X			X
Chicken Corn Dog	X	X	X					X	X		X
Chicken Enchiladas		X		X	X			X			X
Chicken Fajita Wrap	X	X	X	X	X			X			
Chicken Fried Rice	X	X	X					X			X
Chicken Kapama W/ Olive Oil & Parmesan Pasta	X			X	X			X			
Chicken Nuggets W/ Olive Oil & Parmesan Pasta	X	X	X	X				X			X
Chicken Nuggets W/ Rice Pilaf	X	X	X	X				X			X
Chicken Parm Hoagie	X	X		X	X			X			X
Chicken Parmesan With Pasta	X	X		X	X			X			

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Lunch Menu Item Allergens:	Wheat	Soy	Egg	Milk	Tomato	Pork	Beef	Chicken	Turkey	Fish	Sesame
Chicken Pesto Wrap	X	X		X				X			
Cobb Salad Wrap	X	X	X	X	X				X		
Confetti Bean And Rice Salad					X						
Curry Fried Rice	X	X	X								X
Farmer's Market Chicken Salad W/ Dinner Roll	X	X	X	X				X			X
Ghoulish Pizza Claw	X	X		X	X						
Greek Chicken W/ Rice Pilaf								X			
Hamburger	X	X					X				X
Hummus Rainbow Wrap	X										
Italian Deli Sub	X	X		X		X	X		X		X
Italian Market Salad	X	X		X		X	X		X		
Mac & Cheese	X			X							
Mandarin Orange Sesame Chicken Bowl	X	X						X			X
Maui Burger	X	X		X			X				
Melted Cheese Sandwich	X	X		X							
Minestrone Soup & Roll	X	X	X		X						X
MYO Vegan Tacos					X						
Pasta Primavera	X	X		X							

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Pasta W/ Marinara & Mozzarella	X		X	X	X						
Pasta W/ Olive Oil & Parmesan Cheese	X			X							
Pasta X Plosion!	X			X	X						
Penne W/ Beef Meatsauce	X	X	X	X	X		X				
Pepperoni Pizza	X	X		X	X	X	X		X		
Pesto Caprece Salad	X			X	X						
Pesto Chicken Pizza	X	X		X	X			X			
Picnic Bistro Box	X	X		X				X			X
Popcorn Chicken & Tater Bowl	X	X		X				X			
Santa Fe Chicken Salad		X	X	X	X			X			
SBJ Sammie (Sunbutter & Jelly Sandwich)	X	X									X
Sesame Orange Chicken W/ Rice	X	X						X			X
Shanghai Sweet & Sour Chicken	X	X	X	X				X			X
Slimey's Ectoplasm Parfait W/ Bluescary Muffin	X	X	X	X							
Smoked Chicken Wrap	X	X	X	X	X			X			
Smoky Bbq Chicken W/ Rice Pilaf		X		X	X			X			
Southwest Veggie Taco Salad W/Tortilla Chips		X	X	X	X						
Spaghetti W/ Beef Meat Sauce	X	X	X	X	X		X				

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Spartan Greek Chicken Bowl								X			
Spicy Chicken Wrap	X	X	X	X				X			X
Teriyaki Chicken W/ Rice & Veggies	X	X						X			X
Tex Mex Bistro Box		X		X	X						
Tokyo Teriyaki Chicken Bowl	X	X		X				X			X
Turkey & Cheese On A Hoagie	X			X					X		X
Turkey & Cheese On Dutch Crunch	X	X		X					X		X
Turkey & Cheese Sandwich	X	X		X					X		X
Turkey & Cranberry Sandwich	X	X							X		X
Vegan 3 Bean Chili W/ Tortilla Chips					X						
Vegan Burrito Bowl					X						
Vegan Fried Rice		X									X
Vegan Pinto Pozole W/ Tortilla Chips					X						
Vegan Red Beans & Rice					X						
Vegan Spanish Beans W/ Cilantro Lime Rice					X						
Vegan Tikka Masala					X						
Veggie Chow Mein	X	X	X								X
Veggie Fried Rice	X	X	X								X

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Wet Chicken Burrito	X	X		X	X			X			X
Yogurt Berry Parfait W/ Muffin	X	X	X	X							
Zoe's Olive Oil & Parmesan Tortellini	X		X	X							

Breakfast Menu Allergens

Breakfast Menu Item Allergens:	Wheat	Soy	Egg	Milk	Tomato	Pork	Beef	Chicken	Turkey	Fish	Sesame
Apple Cinnamon Frudel	X	X	X	X							
Bagel W/ Cream Cheese	X	X		X							X
Breakfast Burrito	X	X	X			X	X		X		
Breakfast Cereal	X	X		X		X	X				
Breakfast Muffins	X	X	X	X							
Cherry Frudel	X	X	X	X							
Cinnamon Crumble	X	X	X	X							
Cinnamon Raisin Bagel W/ Cream Cheese	X	X		X		X					X
Concha	X	X	X	X							X
Denver Scramble Burrito	X	X	X	X		X					

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Double Chocolate Muffin Top	X	X	X	X							X
French Toast Sticks	X	X	X	X							X
Glazed Donut Holes	X	X	X	X							X
Loaded Breakfast Sandwich	X	X	X	X		X	X				
Melted Cheese Bagel	X	X		X							X
Maple Chicken Biscuit	X	X		X				X			X
Pan De Elote	X	X	X	X							X
Pancake Bites	X	X	X	X							X
Sausage & Cheese Biscuit	X	X	X	X		X	X	X	X		X
Sausage & Cheese Muffin Sandwich	X	X		X							
Sausage, Egg, & Cheese Biscuit	X	X	X	X		X	X	X	X		X
Southwest Breakfast Burrito	X	X	X	X							
String Cheese W/ Mini Muffin	X	X	X	X							
Sunbutter & Jelly Sandwich	X	X									X
Vegetarian Breakfast Burrito	X	X	X	X							
Yogurt W/ Grahams	X	X		X							

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