

September Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; text-align: center;"> Meals are FREE for EUSD students Adults: \$5.00 </div>		1	2	3
		Cheese Quesadilla   Orange Chicken & Brown Rice Yogurt & Granola  	Grass Fed Organic Beef Burrito  EUSD Cheese Pizza   Sunbutter Sandwich & String Cheese 	Grass Fed Beef Hotdog Mozzarella Stuffed Breadsticks & Marinara  Yogurt & Granola   Brownies 
6	7	8	9	10
Labor Day Holiday	Chicken & Waffles Slow-Roasted Carnitas Taco   Sunbutter Sandwich & String Cheese 	Grilled Cheese Sandwich   Sweet & Sour Chicken with Brown Rice Yogurt & Granola  	EUSD Spaghetti & Marinara   EUSD Cheese Pizza   Sunbutter Sandwich & String Cheese 	All Beef Hamburger Mac & Cheese  Yogurt & Granola   Chocolate Chip Cookies 
13	14	15	16	17
Mozzarella Stuffed Breadsticks & Marinara  EUSD Cheese Pizza   Cheesy Lasagna Roll-up  Yogurt & Granola   100% Fruit Popsicle	Crispy Chicken Sandwich Shredded Chicken Taco  Sunbutter Sandwich & String Cheese 	Cheese Quesadilla   Orange Chicken & Brown Rice Yogurt & Granola  	Fiesta Nacho Tower  with Grass Fed Organic Beef   Mac & Cheese   Sunbutter Sandwich & String Cheese 	Brunch for Lunch Chicken Tenders Yogurt & Granola   Tropical Slushie 
20	21	22	23	24
Bean & Cheese Burrito   Cheese Raviolis with EUSD Marinara   Yogurt & Granola   100% Fruit Popsicle	Chicken Tenders Crunchy Grass Fed Organic Beef Taco   Sunbutter Sandwich & String Cheese 	Grilled Cheese Sandwich   Teriyaki Chicken & Chow Mein Noodles Yogurt & Granola  	EUSD Spaghetti & Marinara   Cheese Pizza   Sunbutter Sandwich & String Cheese 	Mac & Cheese   Crispy Chicken Sandwich Yogurt & Granola   Brownies 
27	28	29	30	
Pasta with Butter Parmesan Sauce & Garlic Bread   EUSD Cheese Pizza   Yogurt & Granola   100% Fruit Popsicle	Chicken & Waffles Crispy Chicken Sandwich Sunbutter Sandwich & String Cheese 	Cheese Quesadilla   Orange Chicken & Brown Rice Yogurt & Granola  	All Beef Hamburger EUSD Cheese Pizza   Sunbutter Sandwich & String Cheese 	Daily Salad Bar: Fresh, Seasonal, California-Grown! Unlimited Daily Salad bars are part of every school lunch, featuring EUSD Farm Lab Grown organic lettuce and seasonal veggies! <u>Mondays:</u> California Grown White Nectarines & Farm Lab Cucumbers <u>Tuesdays:</u> Super Sliced Apples & Jicama <u>Wednesdays:</u> Farm Lab Organic Melon <u>Thursdays:</u> Locally Grown Valencia Orange Slices <u>Fridays:</u> California Grown Plums Various dressings are offered daily including a  option.

-Online Meal Payments, School Menus & Nutrition facts, visit our new Mobile Menu App at: www.schoolcafe.com.

-Lunch includes: 1 entrée, locally sourced milk, assorted fruits/veggies and any side items

-Food Allergies:

- Most **Gluten free** entrées are gluten free without the bread/bun/tortilla/etc. Corn tortillas available upon request. We serve gluten free items but our kitchens are not gluten free facilities.
- Items may be processed in facilities that also process **nuts** and other allergens.
- If your child may need a special meal accommodation, please fill out the Request for Special Meals Form on our Child Nutrition Website and return to your school nurse: <http://www.eusd.net/child-nutrition-services/student-menus-nutrition-and-allergen-information/>

**Menus are subject to change without notice

This institution is an equal opportunity provider

Breakfast: Served Daily at OK & PEC

Breakfast served daily before school

Menu:

- Maple Belgian Waffle
- Yogurt & Granola
- Bagel & Cream Cheese
- String Cheese
- Maple Mini Pancakes
- Assorted WG Cereal
- Whole Grain Muffins

Includes a choice of milk, 100% fruit juice and fresh fruit