

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>		Contains Pork: Gluten Free: Vegetarian: Scratch-made Fresh Daily:		1 Grass Fed Beef Hotdog Mozzarella Stuffed Breadsticks & Marinara Yogurt & Granola Brownies
				4 Macaroni & Cheese Bean, Rice & Cheese Burrito Yogurt & Granola 100% Fruit Popsicle
11 Pasta with Butter Parmesan Sauce EUSD Cheese Pizza Yogurt & Granola 100% Fruit Popsicle	12 Chicken Tenders Bean & Cheese Burrito Sunbutter Sandwich & String Cheese	13 Grilled Cheese Sandwich Orange Chicken & Brown Rice Yogurt & Granola	14 Fiesta Nacho Tower with Slow-Roasted Carnitas EUSD Cheese Pizza Sunbutter Sandwich & String Cheese	15 Grass Fed Beef Hotdog Mozzarella Stuffed Breadsticks & Marinara Yogurt & Granola Snickerdoodle Cookie
Fall Break (Oct 18-22)				
25 Chicken & Waffles EUSD Cheese Pizza Yogurt & Granola 100% Fruit Popsicle	26 Crispy Chicken Sandwich EUSD Pasta Bolognese with Grass Fed Organic Beef Sunbutter Sandwich & String Cheese	27 Cheese Quesadilla Teriyaki Chicken & Chow Mein Yogurt & Granola	28 Cheese Raviolis EUSD Cheese Pizza Sunbutter Sandwich & String Cheese	29 All Beef Hamburger Macaroni & Cheese Yogurt & Granola Pumpkin Cookie

-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 or 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
- Assorted WG Cereal
- Maple Mini Pancakes
- Whole Grain Muffins

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

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!

- Mondays: Bananas & Jicama
- Tuesdays: Super Sliced Apples
- Wednesdays: Locally Grown Sliced Oranges
- Thursdays: California Grown Asian Pears
- Fridays: California Grown Plums

Various dressings are offered daily including a option.