

# January Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Pasta with Butter & Parmesan EUSD Cheese Pizza Yogurt & Granola	Grass Fed Beef Hamburger Crunchy Grass Fed Organic Beef Taco Sunbutter Sandwich & String Cheese	Grilled Cheese Sandwich Macaroni & Cheese Yogurt & Granola	Chicken & Waffles EUSD Cheese Pizza Benefit Bar & String Cheese	Brunch for Lunch Mozzarella Breadsticks & Marinara Yogurt & Granola Chocolate Chip Cookie
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Martin Luther King Jr. Day Holiday</b>	Crispy Chicken Sandwich Bean & Cheese Pupusa with Tortilla Chips Sunbutter Sandwich & String Cheese	Cheese Quesadilla Orange Chicken & Brown Rice Yogurt & Granola	Pasta with EUSD Marinara, Chicken Meatballs & a fresh Dinner Roll EUSD Cheese Pizza Benefit Bar & String Cheese	Grass Fed Beef Hotdog Veggie Burger Warm Pretzel & Cheese Sauce Yogurt & Granola All Fruit Popsicle
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Mozzarella Stuffed Breadsticks & Marinara EUSD Cheese Pizza Yogurt & Granola	Chicken Tenders Bean & Cheese Burrito Sunbutter Sandwich & String Cheese	Grilled Cheese Sandwich Orange Chicken & Chicken Egg Roll Yogurt & Granola	Fiesta Nacho Tower  with Grass Fed Organic Beef EUSD Cheese Pizza Benefit Bar & String Cheese	Chicken & Waffle Sandwich Mozzarella Breadsticks & Marinara Yogurt & Granola Chocolate Brownie
<b>30</b>	<b>31</b>			
EUSD Spaghetti & Marinara EUSD Cheese Pizza Yogurt & Granola All Fruit Popsicle	Crispy Chicken Sandwich Baja Fish Taco with Tortilla Chips Sunbutter Sandwich & String Cheese	<div style="border: 1px solid black; padding: 5px; display: inline-block;">                     Contains Pork:                       Gluten Free:                       Vegetarian:                       Scratch-made Fresh Daily:  </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 20px;"> <b>Meals are FREE</b>                      for EUSD students                      Adults: \$5.00                 </div> <div style="text-align: right; margin-top: 10px;"> </div>		

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

Breakfast is served at every school daily  
 (Service time varies based on site; check with your school office for meal times)  
 Breakfast includes a choice of Entrée, Fruit, Milk and String cheese

- Monday:** Cereal of the Week  
 Sweet Potato Chocolate Chip Muffin  
**Tuesday:** Banana Bread  
 Benefit Bar & Yogurt  
**Wednesday:** Maple Belgian Waffle  
 Cereal of the Week  
**Thursday:** Mini Pancakes  
 Bagel & Cream Cheese  
**Friday:** Buttermilk Twin Bars  
 Cereal of the Week

### 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!

- Monday:** California Grown Halos  
**Tuesday:** Super Sliced Apples  
**Wednesday:** California Grown Kiwi & Sliced Farm Lab Cucumbers  
**Thursday:** Petite Bananas & Jicama  
**Friday:** Locally Grown Valencia Orange Slices  
 Various dressings are offered daily including a option.