

March Menu 2023



Monday	Tuesday	Wednesday	Thursday	Friday
Kids Eat Free		۲ Cheese Quesadilla ش Macaroni & Cheese ک Yogurt & Granola ک ا	2 Turkey & Cheese Sub Sandwich ₪ EUSD Cheese Pizza ₪ √ EUSD Pepperoni Pizza ₪ Benefit Bar & String Cheese √	3 Grass Fed Beef Hamburger Warm Pretzels & Cheese Sauce √ Yogurt & Granola √ Snickerdoodle Cookie √
6 Pasta with Butter Parmesan Sauce V EUSD Cheese Pizza W EUSD Pineapple Pizza W Yogurt & Granola V €	7 Slow Roasted Carnitas Soft Taco Crispy Chicken Sandwich Veggie Burger √ Sunbutter Sandwich & String Cheese √	8 Grilled Cheese Sandwich ♥ Orange Chicken & Brown Rice Yogurt & Granola ♥ ♥	9 Chicken & Waffles EUSD Cheese Pizza ♥ EUSD BBQ Chicken Pizza ♥ Benefit Bar & String Cheese ♥	تo Grass Fed Beef Hotdog Veggie Burger √ Macaroni & Cheese √ Yogurt & Granola √ ال Chocolate Brownie √
Iumbo Cheese Raviolis with EUSD Marinara EUSD Cheese Pizza EUSD Margarita Pizza Yogurt & Granola	14 Chicken Tenders Homemade Bean & Cheese Burrito Sunbutter Sandwich & String Cheese√	5 Cheese Quesadilla ₩V Sweet & Sour Chicken & Brown Rice Yogurt & Granola V®	I6Mighty Chicken Meatball Sub Sandwichwith EUSD MarinaraEUSD Cheese PizzaEUSD Pepperoni PizzaBenefit Bar & String Cheese	۲7 Brunch for Lunch Mozzarella Breadsticks & Marinara Yogurt & Granola کر Chocolate Chip Cookie
20 Spaghetti & EUSD Marinara V 🕅 EUSD Cheese Pizza 🗟 V EUSD Pineapple Pizza 🗟 V Yogurt & Granola V 🕼 All Fruit Popsicle V 🕼	21 Crunchy Beef Taco (@) Grass Fed Beef Hotdog Veggie Burger V Sunbutter Sandwich & String Cheese V	22 Grilled Cheese Sandwich W Orange Chicken & Brown Rice Yogurt & Granola V	23 Fiesta Nachos√with Seasoned Beef @ EUSD Cheese Pizza EUSD BBQ Chicken Pizza Benefit Bar & String Cheese √	24 Chicken & Waffles Grass Fed Beef Hamburger Yogurt & Granola V All Fruit Popsicle V

Spring Break

Meals are <u>FREE</u> for EUSD students Adults & Visitors: \$5.00 Contains Pork: ↔ Gluten Free: ⊕ Vegetarian: ∨ Scratch-made Fresh Daily: ☞

Breakfast Menu

Breakfast is served daily before school

Breakfast includes a choice of Entrée, Fruit, Yogurt, Milk, and String cheese

Visitor & Staff Breakfast: \$3.00

<u>Monday</u>: Sweet Potato Chocolate Chip Muffin Assorted Cereal <u>Tuesday</u>: Mini Pancakes Assorted Cereal <u>Wednesday</u>: Homemade Blueberry Muffin Assorted Cereal <u>Thursday</u>: Homemade Cinnamon Oat Breakfast Round Bagel & Cream Cheese <u>Friday</u>: Homemade Oat & Jam Breakfast Bar Banana Bread

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: California Grown Apple Pears <u>Tuesdays:</u> Super Sliced Apples & Jicama <u>Wednesdays:</u> Cantaloupe & Farm Lab Organic Celery <u>Thursdays:</u> California Grown Halos & Organic Farm Lab Cucumbers <u>Fridays:</u> California Grown Valencia Orange Slices Various dressings are offered daily including scratch-made Ranch, Italian and a **(F)** 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 <u>Gluten free</u> 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 <u>nuts</u> 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: <u>http://www.eusd.net/child-nutrition-services/student-menus-nutrition-and-allergeninformation/</u>

**Menus are subject to change without notice This institution is an equal opportunity provider