

Meatless Monday		Taco Tuesday		Wacky Wednesday		California Thursday		Friday Favorites	
		Contains Pork: Gluten Free: Vegetarian: Scratch-made:		1		2		3	
				Cheese Quesadilla Chicken & Waffles Yogurt & Granola		Mighty Chicken Meatball Sub Sandwich with EUSD Marinara EUSD Cheese Pizza EUSD Pepperoni Pizza Benefit Bar & String Cheese		Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Macaroni & Cheese Yogurt & Granola Snickerdoodle Cookie	
6		7		8		9		10	
Mozzarella Stuffed Breadsticks & Marinara EUSD Cheese Pizza EUSD Pineapple Pizza Yogurt & Granola		Crispy Chicken Sandwich Cheese Tamale & Tortilla Chips Boar's Head Hummus & Pretzels Granola Bar & String Cheese		Grilled Cheese Sandwich Orange Chicken & Brown Rice Yogurt & Granola Fortune Cookie		Fiesta Nacho Tower  with Grass Fed Organic Beef EUSD Cheese Pizza EUSD Sausage Pizza Benefit Bar & String Cheese		<b>Veteran's Day Holiday</b>	
13		14		15		16			
Pasta with Butter Parmesan Sauce & Garlic Bread EUSD Cheese Pizza EUSD Margarita Pizza Yogurt & Granola		Crunchy Grass Fed Organic Beef Taco Chicken Tenders Impossible Burger (plant-based patty) Boar's Head Hummus & Pretzels Granola Bar & String Cheese		Cheese Quesadilla Macaroni & Cheese Yogurt & Granola		Teriyaki Chicken Meatballs over Jasmine Rice EUSD Cheese Pizza EUSD Pepperoni Pizza Benefit Bar & String Cheese		Grass Fed Beef Hotdog Soft Pretzels with Cheese Dipping Sauce Yogurt & Granola Sugar Cookie	
<b>Thanksgiving Break (Nov. 20-24)</b>									
27		28		29		30		<div style="border: 2px solid black; padding: 10px;"> <b>Meals are FREE for EUSD students</b>  <b>Adults &amp; Visitors:</b>            Lunch: \$6.00            Breakfast: \$4.00         </div>	
EUSD Spaghetti & Marinara with Garlic Bread EUSD Cheese Pizza EUSD Pineapple Pizza Yogurt & Granola All Fruit Popsicle		Baja Fish Tacos with Tortilla Chips Crispy Chicken Sandwich Boar's Head Hummus & Pretzels Granola Bar & String Cheese		Cheese Quesadilla Chicken & Waffles Yogurt & Granola		Boar's Head Roasted Turkey Sub Sandwich EUSD Cheese Pizza EUSD Sausage Pizza Benefit Bar & 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!

**Mondays:** California Grown Apple Pears & Celery  
**Tuesdays:** Super Sliced Apples & Jicama  
**Wednesdays:** Locally Grown Fallbrook Persimmons  
**Thursdays:** Cucumbers & Cantaloupe  
**Fridays:** Locally Grown Valencia Orange Slices

Various dressings are offered daily including a option.

**Breakfast Menu**

Breakfast is served daily before school. Check with your school office for specific service times. Breakfast includes a choice of entrée, fruit, yogurt, milk, and string cheese.

**Monday:**  
Banana Bread & Whole Grain Cereal

**Tuesday:**  
Maple Belgian Waffle & Whole Grain Cereal

**Wednesday:**  
Blueberry or Sweet Potato Chocolate Chip Muffin & Oatmeal Benefit Bar

**Thursday:**  
Mini Pancakes & Whole Grain Cereal

**Friday:**  
French Toast Minis & Banana Chocolate Chip Scone

**School Meal Information**

To view school menus, nutrition facts, and meal program information, visit our EUSD Child Nutrition Services website for more details (<https://www.eusd.net/departments/child-nutrition-services/>) or download our Mobile Menu App at [www.schoolcafe.com](http://www.schoolcafe.com).

Lunch includes: 1 entrée, unlimited salad bar (full of local/organic fruits & veggies), locally sourced milk, and any side items. No paperwork is needed to receive free meals at school. To receive lunch, students will either scan their lunch card or enter their four-digit pin number when they go through the lunch line (both provided at the beginning of the SY). If you have any questions or concerns, please email Lea Bonelli, Director of Child Nutrition Services: [lea.bonelli@eusd.net](mailto:lea.bonelli@eusd.net).

Food Allergies:

- A variety of Gluten Free (GF) and vegetarian entrees are offered throughout the week. Some GF entrées are GF without the bread/bun/tortilla/etc. Corn tortillas available upon request.
- We serve GF items, but our kitchens are not GF facilities.
- We do not serve any entrées that contain peanuts or tree nuts; however, we are not considered a nut free facility. Items may be processed in facilities that also process nuts and other allergens.
- If your child needs a special meal accommodation, please fill out the Request for Special Meals Form (found in the Allergies section of the CNS webpage) and return to your school nurse. Accommodations forms must be signed by a medical professional.

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