

Meatless Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
Contains Pork: Gluten Free: Vegetarian: Scratch made:	Meals are FREE for EUSD Students Adults & Visitors: Lunch: \$6.00, Breakfast: \$4.00		1 Carne Asada Soft Taco EUSD Cheese Pizza EUSD Sausage Pizza Benefit Bar & String Cheese	2 Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Cheese Tortellini with EUSD Marinara Yogurt & Granola Sugar Cookie
			5 Pasta with Butter Parmesan Sauce & Garlic Bread EUSD Cheese Pizza EUSD Pineapple Pizza Yogurt & Granola	6 Homemade Bean & Cheese Burrito Chicken Tenders Boar's Head Hummus & Pretzels Granola Bar & String Cheese
12 Spaghetti with EUSD Marinara & Garlic Bread EUSD Cheese Pizza EUSD Margarita Pizza Yogurt & Granola	13 Slow Roasted Organic Carnitas Taco Crispy Chicken Sandwich Impossible Burger Boar's Head Hummus & Pretzels Granola Bar & String Cheese	14 Grilled Cheese Sandwich Sweet & Sour Chicken with Chow Mein Noodles Yogurt & Granola Fortune Cookie	15 Boar's Head Turkey & Cheese Deli Sandwich EUSD Cheese Pizza EUSD Sausage Pizza Benefit Bar & String Cheese	16 Brunch for Lunch (French Toast) Mozzarella Breadstick & Marinara Yogurt & Granola Chocolate Chip Cookie
19 Observance Lincoln's Birthday	20 Observance Washington's Birthday	21 Cheese Quesadilla Chicken & Waffles Yogurt & Granola	22 Fiesta Nacho Tower with Grass Fed Organic Beef EUSD Cheese Pizza EUSD Pepperoni Pizza Benefit Bar & String Cheese	23 Breaded Chicken Drumstick with Potato Wedges & Hawaiian Roll Grass Fed Beef Cheeseburger Impossible Burger Yogurt & Granola Brookie (1/2 cookie, 1/2 brownie)
26 Homemade Macaroni & Cheese with Hawaiian Roll EUSD Cheese Pizza EUSD Pineapple Pizza Yogurt & Granola All Fruit Popsicle	27 Crunchy Grass Fed Organic Beef Taco Grass Fed Beef Hotdog Impossible Burger Boar's Head Hummus & Pretzel Granola Bar & String Cheese	28 Grilled Cheese Sandwich Orange Chicken with Brown Rice & Chicken Egg Roll Yogurt & Granola Fortune Cookie	29 Mighty Chicken Meatball Pasta with EUSD Marinara EUSD Cheese Pizza EUSD BBQ Chicken Pizza Benefit Bar & String Cheese	

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:
Twin Bars & Banana Chocolate Chip Scone

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 Halo Tangerines & Celery
Tuesday: Locally grown Apples & Jicama
Wednesday: California Grown Kiwi
Thursday: Locally Grown Dassi Family Farms Persian Cucumbers & Pineapple Chunks
Friday: Locally Grown Fallbrook Organic Cara Cara Orange Slices

Various dressings are offered daily including a option.

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. Lunch includes: 1 entrée, unlimited salad bar (full of local/organic fruits & veggies), locally sourced milk, and any side items. you have any questions or concerns, please email Lea Bonelli, Director of Child Nutrition Services: 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.