

<i>Meatless Monday</i>	<i>Taco Tuesday</i>	<i>Wacky Wednesday</i>	<i>California Thursday</i>	<i>Friday Favorites</i>
2	3	4	5	6
Labor Day Holiday	Baja Fish Taco with Tortilla Chips Crispy Chicken Sandwich Impossible Burger (plant-based patty) ✓ Boar's Head Hummus & Pretzels (GF), Granola Bar & String Cheese ✓	Grilled Cheese Sandwich ✓ Orange Chicken with Brown Rice Yogurt & Granola ✓ (GF) Fortune Cookie ✓	Pasta with Butter Parmesan Sauce ✓ & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Sausage & Pepperoni Pizza ✓ Oatmeal Benefit Bar & String Cheese ✓	Grass Fed Beef Hotdog Soft Pretzels with Cheese Dipping Sauce ✓ Yogurt & Granola ✓ (GF) Brookie ✓
9	10	11	12	13
Cheese Tortellini with EUSD Marinara & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Margarita Pizza ✓ Yogurt & Granola ✓ (GF)	Slow Roasted Carnitas Taco ✓ Chicken Tenders Impossible Burger (plant-based patty) ✓ Boar's Head Hummus & Pretzels (GF), Granola Bar & String Cheese ✓	Homemade Macaroni & Cheese ✓ Chicken Corndog (Nitrate free) Yogurt & Granola ✓ (GF)	"Build Your Own" Mary's Organic Chicken Fajita Taco with Tortilla Chips ✓ EUSD Cheese Pizza ✓ EUSD Pepperoni Pizza ✓ Oatmeal Benefit Bar & String Cheese ✓	Brunch for Lunch (French Toast & Grass Fed Pork Sausage) ✓ Mozzarella Breadsticks & Marinara ✓ Yogurt & Granola ✓ (GF) Chocolate Chip Cookie ✓
16	17	18	19	20
Homemade Bean & Cheese Burrito ✓ EUSD Cheese Pizza ✓ EUSD Pineapple Pizza ✓ Yogurt & Granola ✓ (GF)	Greek Marinated Organic Mary's Chicken with Wild Rice (GF), Pita, & Tzatziki Sauce ✓ Grass Fed Beef Hotdog Impossible Burger (plant-based patty) ✓ Boar's Head Hummus & Pretzels (GF), Granola Bar & String Cheese ✓	Cheese Quesadilla ✓ Chicken & Waffles Yogurt & Granola ✓ (GF)	Fiesta Nachos ✓ with Grass Fed Organic Beef (GF) EUSD Cheese Pizza ✓ EUSD BBQ Chicken Pizza ✓ Oatmeal Benefit Bar & String Cheese ✓	Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Homemade Macaroni & Cheese ✓ Yogurt & Granola ✓ (GF) Sugar Cookie ✓
23	24	25	26	27
Spaghetti with EUSD Marinara & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Margarita Pizza ✓ Yogurt & Granola ✓ (GF)	Crunchy Grass Fed Organic Beef Taco (GF) Grass Fed Beef Hamburger Impossible Burger (plant-based patty) ✓ Boar's Head Hummus & Pretzels (GF), Granola Bar & String Cheese ✓	Grilled Cheese Sandwich ✓ Orange Chicken with Brown Rice Yogurt & Granola ✓ (GF) Fortune Cookie ✓	Chicken Caesar Wrap (Free Range Chicken, Parmesan, Organic Romaine) EUSD Cheese Pizza ✓ EUSD Pepperoni Pizza ✓ Oatmeal Benefit Bar, String Cheese & Fruit Smoothie ✓	Breaded Chicken Drumstick with Potato Wedges & Hawaiian Roll Grass Fed Beef Hotdog Impossible Burger ✓ Yogurt & Granola ✓ (GF) Snickerdoodle Cookie ✓
30				
Pasta with Butter Parmesan Sauce ✓ & Mozzarella Breadstick ✓ EUSD Cheese Pizza ✓ EUSD Pineapple Pizza ✓ Yogurt & Granola ✓ (GF) Whole Fruit Popsicle ✓ (GF)				



Contains Pork:
Gluten Free: (GF)
Scratch-made:
Vegetarian: ✓

Meals are FREE for all EUSD Students
Adults & Visitors:
\$6.00 for Lunch
\$4.00 for Breakfast

Daily Salad Bar:
Unlimited Daily Salad bars are part of every school lunch, featuring EUSD Farm Lab Grown organic lettuce and seasonal veggies, in addition to local, organic produce from San Diego County!

Mondays: Locally Grown Sliced Apples & Jicama
Tuesdays: California Grown Sliced Bell Peppers & Cantaloupe
Wednesdays: Locally Grown Organic Dragon fruit & California Grown Celery
Thursdays: Mango Chunks & Locally Grown Dassi Farms Cucumbers
Fridays: Regionally Grown Nectarines
Various dressings are offered daily including a (GF) 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. Smoothies offered Fridays as a side.

Monday: Banana Bread
Assorted Cereal
Tuesday: Maple Belgian Waffle
Assorted Cereal
Wednesday: Fresh Baked Scone
Twin Bar
Thursday: Mini Pancakes
Assorted Cereal
Friday: Cinnamon Crumble Protein Muffin
Blueberry Oat Bar

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. 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.

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.
- Plant-based menu options available daily upon request (Hummus & Pretzels, Sunbutter Sandwich, Balsamic Dressing)
- 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.**