

## **September, Menu 2024**

### **Tuesday, September 3**

Baja Fish Taco with Tortilla Chips

Crispy Chicken Sandwich

Impossible Burger (plant-based patty, vegetarian)

Boar's Head Hummus & Pretzels (gluten free), Granola Bar & String Cheese (vegetarian)

### **Wednesday, September 4**

Grilled Cheese Sandwich (scratch made, vegetarian)

Orange Chicken with Brown Rice

Yogurt & Granola (vegetarian, gluten free)

Fortune Cookie (vegetarian)

### **Thursday, September 5**

Pasta with Butter Parmesan Sauce (scratch made) & Garlic Bread (vegetarian)

EUSD Cheese Pizza (vegetarian, scratch-made)

EUSD Sausage & Pepperoni Pizza (scratch-made, contains pork)

Benefit Bar, String Cheese (vegetarian)

### **Friday, September 6**

Grass Fed Beef Hotdog

Soft Pretzel with Cheese Dipping Sauce (vegetarian)

Yogurt & Granola (vegetarian, gluten free)

Brookie (vegetarian)

### **Monday, September 9**

Cheese Tortellini with EUSD Marinara & Garlic Bread (scratch-made, vegetarian)

EUSD Cheese Pizza (vegetarian, scratch-made)

EUSD Margarita Pizza (vegetarian, scratch-made)

Yogurt & Granola (vegetarian, gluten free)

### **Tuesday, September 10**

Slow Roasted Carnitas Taco (scratch made, contains pork)

Chicken Tenders

Impossible Burger (plant-based patty, vegetarian)

Boar's Head Hummus & Pretzels (gluten free), Granola Bar & String Cheese (vegetarian)

### **Wednesday, September 11**

Homemade Macaroni & Cheese (vegetarian, scratch-made)

Chicken Corndog (nitrate free)

Yogurt & Granola (vegetarian, gluten free)

### **Thursday, September 12**

"Build Your Own" Mary's Organic Chicken Fajita Taco with Tortilla Chips (scratch made)

EUSD Cheese Pizza (vegetarian, scratch-made)

EUSD Pepperoni Pizza (scratch-made, contains pork)  
Oatmeal Benefit Bar & String Cheese (vegetarian)

**Friday, September 13**

Brunch for Lunch (French Toast & Grass Fed Pork Sausage) (scratch made, contains pork)  
Mozzarella Stuffed Breadstick & Marinara (vegetarian)  
Yogurt & Granola (vegetarian, gluten free)  
Fresh Baked Chocolate Chip Cookie (vegetarian)

**Monday, September 16**

Homemade Bean & Cheese Burrito (scratch made, vegetarian)  
EUSD Cheese Pizza (scratch made, vegetarian)  
EUSD Pineapple Pizza (scratch made, vegetarian)  
Yogurt & Granola (vegetarian, gluten free)

**Tuesday, September 17**

Greek Marinated Organic Mary's Chicken with Wild Rice (gluten free), Pita, & Tzatziki Sauce (scratch made)  
Grass Fed Beef Hotdog  
Impossible Burger (plant-based patty, vegetarian)  
Boar's Head Hummus & Pretzels (gluten free), Granola Bar & String Cheese (vegetarian)

**Wednesday, September 18**

Cheese Quesadilla (scratch made, vegetarian)  
Chicken & Waffles  
Yogurt & Granola (vegetarian, gluten free)

**Thursday, September 19**

Fiesta Nachos (vegetarian) with Grass Fed Organic Beef (scratch-made, gluten free)  
EUSD Cheese Pizza (scratch made, vegetarian)  
EUSD BBQ Chicken Pizza (scratch-made)  
Oatmeal Benefit Bar & String Cheese (vegetarian)

**Friday, September 20**

Grass Fed Beef Hamburger  
Grass Fed Beef Cheeseburger  
Homemade Macaroni & Cheese (vegetarian, scratch-made)  
Yogurt & Granola (vegetarian, gluten free)  
Fresh Baked Sugar Cookie (vegetarian)

**Monday, September 23**

Spaghetti with EUSD Marinara & Garlic Bread (vegetarian, scratch made)  
EUSD Cheese Pizza (scratch made, vegetarian)  
EUSD Margarita Pizza (scratch made, vegetarian)  
Yogurt & Granola (vegetarian, gluten free)

**Tuesday, September 24**

Crunchy Grass Fed Organic Beef Taco (gluten free, scratch made)  
Grass Fed Beef Hamburger  
Impossible Burger (plant-based patty, vegetarian)  
Boar's Head Hummus & Pretzels (gluten free), Granola Bar & String Cheese (vegetarian)

**Wednesday, September 25**

Grilled Cheese Sandwich (gluten free, scratch made)  
Orange Chicken with Brown Rice  
Yogurt & Granola (vegetarian, gluten free)  
Fortune Cookie (vegetarian)

**Thursday, September 26**

Chicken Caesar Wrap (Free Range Chicken, Parmesan, Organic Romaine)  
EUSD Cheese Pizza (vegetarian, scratch-made)  
EUSD Pepperoni Pizza (scratch-made, contains pork)  
Oatmeal Benefit Bar, String Cheese & Fruit Smoothie (vegetarian)

**Friday, September 27**

Breaded Chicken Drumstick with Potato Wedges & Hawaiian Roll  
Grass Fed Beef Hotdog  
Impossible Burger (plant-based patty, vegetarian)  
Yogurt & Granola (vegetarian, gluten free)  
Fresh Baked Snickerdoodle Cookie (vegetarian)

**Monday, September 30**

Pasta with Butter Parmesan Sauce (scratch made) & Mozzarella Breadstick  
EUSD Cheese Pizza (scratch made, vegetarian)  
EUSD Pineapple Pizza (scratch made, vegetarian)  
Yogurt & Granola (vegetarian, gluten free)  
Whole Fruit Popsicle (gluten free, vegetarian)

**Student Meal Prices:**

All EUSD Students eat for Free!

**Adult & Visitor Meal Prices:**

Adult/Visitor Breakfast: \$4.00

Adult/Visitor Lunch: \$6.00

**Daily Salad Bar:**

Fresh, Seasonal, California-Grown!

Unlimited Daily Salad bars are part of every school lunch, featuring EUSD Farm Lab and grown organic lettuce and seasonal veggies!

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 Family Farms Persian Cucumbers  
Fridays: Regionally Grown Nectarines  
Various dressings are offered daily including a gluten free option.

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### **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: Fresh Baked Scone & Twin Bar  
Thursday: Mini Pancakes & Whole Grain Cereal  
Friday: Cinnamon Crumble Protein Muffins & Blueberry Oat Bar

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### **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.