

October Menu

2024



Meatless Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
	1 Bean & Cheese Pupusa with Tortilla Chips Crispy Chicken Sandwich Boar's Head Hummus & Pretzels , Granola Bar & String Cheese	2 Grilled Cheese Sandwich Orange Chicken with Brown Rice Yogurt & Granola Fortune Cookie	3 Pasta with Grass Fed Beef Bolognese EUSD Cheese Pizza EUSD Sausage & Pepperoni Pizza Benefit Bar & String Cheese	4 Grass Fed Beef Hotdog Soft Pretzels with Cheese Dipping Sauce Yogurt & Granola Fresh Baked Oatmeal Raisin Cookie
	7	8	9	10
14 Homemade Bean & Cheese Burrito EUSD Cheese Pizza EUSD Margarita Pizza Yogurt & Granola	15 Baja Fish Taco with Tortilla Chips Chicken Tenders Impossible Burger (plant-based patty) Boar's Head Hummus & Pretzels , Granola Bar & String Cheese	16 Homemade Macaroni & Cheese with Chik'n Nuggets (plant-based) Chicken Corndog (Nitrate free) Yogurt & Granola	17 Fiesta Nachos with Grass Fed Organic Beef EUSD Cheese Pizza EUSD Pepperoni Pizza Benefit Bar & String Cheese	18 Brunch for Lunch (French Toast & Grass Fed Pork Sausage) Mozzarella Breadsticks & Marinara Yogurt & Granola Fresh Baked Chocolate Chip Cookie
28 Pasta with Butter Parmesan Sauce & Mozzarella Breadstick EUSD Cheese Pizza EUSD Pineapple Pizza Yogurt & Granola	29 Crunchy Grass Fed Organic Beef Taco Grass Fed Beef Hotdog Impossible Burger (plant-based patty) Boar's Head Hummus & Pretzels , Granola Bar & String Cheese	30 Cheese Quesadilla Chicken & Waffles Yogurt & Granola	31 Boar's Head Turkey & Cheddar Sub Sandwich EUSD Cheese Pizza EUSD BBQ Chicken Pizza Benefit Bar & String Cheese	<p>Meals are FREE for all EUSD Students Adults/Staff & Visitors: \$6.00 for Lunch \$4.00 for Breakfast</p>
<p>Fall Break October 21-25</p>				
28 Spaghetti with EUSD Marinara & Garlic Bread EUSD Cheese Pizza EUSD Margarita Pizza Yogurt & Granola Whole Fruit Popsicle	29 Cheese Chili Verde Tamale with Tortilla Chips Crispy Chicken Sandwich Boar's Head Hummus & Pretzels , Granola Bar & String Cheese	30 Grilled Cheese Sandwich Orange Chicken with Brown Rice Yogurt & Granola Fortune Cookie	31 Fiesta Nachos with Grass Fed Organic Beef EUSD Cheese Pizza EUSD Pepperoni Pizza Benefit Bar, String Cheese & Fruit Smoothie	

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:** Locally Grown Apples & Jicama
 - Tuesdays:** California Grown Avocados & Cantaloupe
 - Wednesdays:** Pineapple Chunks & Fallbrook Organic Finger Limes
 - Thursdays:** Petite Bananas & Locally Grown Dassi Farms Cucumbers
 - Fridays:** California Grown Orange Slices
- Various dressings are offered daily including a option.

Breakfast Menu

Breakfast is served daily before school. Breakfast includes a choice of entrée, fruit, yogurt, smoothie, milk, and string cheese.

- Monday:** Banana Bread & Assorted Cereal
- Tuesday:** Maple Belgian Waffle & Assorted Cereal
- Wednesday:** Fresh Baked Scone & Twin Bars
- Thursday:** Mini Pancakes & Assorted Cereal
- Friday:** Blueberry Oat Breakfast Bar & Cinnamon Crumble



Contains Pork:
Gluten Free:
Scratch-made:
Vegetarian:

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.