

# **October Menu 2024**

## **Tuesday, October 1**

Bean & Cheese Pupusa with Tortilla Chips (vegetarian, gluten free)

Crispy Chicken Sandwich

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

## **Wednesday, October 2**

Grilled Cheese Sandwich (scratch made, vegetarian)

Orange Chicken with Brown Rice

Yogurt & Granola (vegetarian, gluten free)

Fortune Cookie (vegetarian)

## **Thursday, October 3**

Pasta with Grass Fed Beef Bolognese (scratch made)

EUSD Cheese Pizza (vegetarian, scratch-made)

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

Benefit Bar, String Cheese (vegetarian)

## **Friday, October 4**

Grass Fed Beef Hotdog

Soft Pretzel with Cheese Dipping Sauce (vegetarian)

Yogurt & Granola (vegetarian, gluten free)

Fresh Baked Oatmeal Raisin Cookie (vegetarian)

## **Monday, October 7**

Homemade Bean & Cheese Burrito (scratch made, vegetarian)

EUSD Cheese Pizza (vegetarian, scratch-made)

EUSD Margarita Pizza (vegetarian, scratch-made)

Yogurt & Granola (vegetarian, gluten free)

## **Tuesday, October 8**

Baja Fish Taco with Tortilla Chips

Chicken Tenders

Impossible Burger (plant-based patty, vegetarian)

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

## **Wednesday, October 9**

Homemade Macaroni & Cheese (scratch-made) with Chik'n Nuggets (plant based, vegetarian)

Chicken Corndog (nitrate free)

Yogurt & Granola (vegetarian, gluten free)

## **Thursday, October 10**

Fiesta Nachos (vegetarian) with Grass Fed Organic Beef (scratch made, gluten free)

EUSD Cheese Pizza (vegetarian, scratch-made)

EUSD Pepperoni Pizza (scratch-made, contains pork)

Oatmeal Benefit Bar & String Cheese (vegetarian)

**Friday, October 11**

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, scratch made)

**Monday, October 14**

Pasta with Butter Parmesan Sauce (scratch made) & Mozzarella Breadstick (vegetarian)

EUSD Cheese Pizza (scratch made, vegetarian)

EUSD Pineapple Pizza (scratch made, vegetarian)

Yogurt & Granola (vegetarian, gluten free)

**Tuesday, October 15**

Crunchy Grass Fed Organic Beef Taco (gluten free, 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, October 16**

Cheese Quesadilla (scratch made, vegetarian)

Chicken & Waffles

Yogurt & Granola (vegetarian, gluten free)

**Thursday, October 17**

Boar's Head Turkey & Cheese Sub Sandwich (scratch made)

EUSD Cheese Pizza (scratch made, vegetarian)

EUSD BBQ Chicken Pizza (scratch-made)

Oatmeal Benefit Bar & String Cheese (vegetarian)

**Friday, October 18**

Grass Fed Beef Hamburger

Grass Fed Beef Cheeseburger

Homemade Macaroni & Cheese (vegetarian, scratch-made)

Yogurt & Granola (vegetarian, gluten free)

Fresh Baked Sugar Cookie (vegetarian)

**Fall Break October 21-25**

**Monday, October 28**

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)

Whole Fruit Popsicle (vegetarian, gluten free)

**Tuesday, October 29**

Cheese Chili Verde Tamale with Tortilla Chips (vegetarian, gluten free)  
Crispy Chicken Sandwich  
Boar's Head Hummus & Pretzels (gluten free), Granola Bar & String Cheese (vegetarian)

**Wednesday, October 30**

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

**Thursday, October 31**

Fiesta Nachos (vegetarian) with Grass Fed Organic Beef (scratch made, gluten free)  
EUSD Cheese Pizza (vegetarian, scratch-made)  
EUSD Pepperoni Pizza (scratch-made, contains pork)  
Benefit Bar, String Cheese & Fruit Smoothie (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 Avocados & Cantaloupe

Wednesdays: Pineapple Chunks & Fallbrook Organic Finger Limes

Thursdays: Petite Bananas & Locally Grown Dassi Family Farms Persian Cucumbers

Fridays: California Grown Orange Slices

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 & Blueberry Oat Breakfast 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.

### Meet Our Vendors/Know Our Products:

**Cream Co. Meats:** Cream Co. works with over 20 sustainable, regenerative, and organic family farms in northern California. Our beef, pork and chicken come from a variety of farms including Mary's Chicken and Beeler's Pork.

**EUSD Farm Lab:** Our certified organic EUSD Farm Lab provides seasonal produce for our salad bars at every school. This includes organic lettuce, carrots, cucumbers, tomatoes, corn, beets, etc. Not to mention all of the tomatoes used in our scratch made pizza and pasta sauces.

**Dickinson Family Farms:** Based in Fallbrook, Dickinson Family Farms provides, local, seasonal, and organic produce to our schools, including dragon fruit, finger limes, oranges, apples, avocados, etc.

**Hidden Foods:** Started by an Encinitas USD mom, Hidden Foods packs nutrition and "hidden" fruits and veggies into their delicious breakfast muffins served to our students.

**Lopes Family Farms Rice:** This family-owned organic farm in Princeton, California, utilizes an ancient Chinese rice farming technique that incorporates ducks into the cultivation of brown rice. The ducks eat weeds and bugs while enriching the soil with nitrogen and organic matter. Their organic rice can be found in a variety of EUSD entrees.

**Boar's Head:** High quality deli meats and cheeses, free of preservatives and nitrates, while also using whole muscle proteins. Their turkey and cheeses can be found in our deli sandwiches, grilled cheeses, quesadillas, and on our salad bar.

**Giusto's Organic Flour:** Based In San Francisco, Giusto's high quality, organic flour (wheat and all-purpose) is used in our pizza dough and fresh baked goods.

**Dassi Family Farm:** Based in Leucadia and San Marcos, Dassi Family Farm is a local, sustainable greenhouse providing delicious, seasonal tomatoes and cucumbers for our salad bars.