

<i>Meatless Monday</i>	<i>Taco Tuesday</i>	<i>Wacky Wednesday</i>	<i>California Thursday</i>	<i>Friday Favorites</i>
6	7	8	9	10
Cheese Tortellini with EUSD Marinara & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Margarita Pizza ✓ Yogurt & Granola ✓	Cheese Chili Verde Tamale & Tortilla Chips ✓ Crispy Chicken Sandwich Boar's Head Hummus & Pretzels ✓, Granola Bar & String Cheese ✓	Cheese Quesadilla ✓ Chicken & Waffles Yogurt & Granola ✓	Pasta with Butter Parmesan Sauce & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Sausage & Pepperoni Pizza ✓ Oatmeal Benefit Bar & String Cheese ✓	Grass Fed Beef Cheeseburger Soft Pretzels with Cheese Dipping Sauce ✓ Yogurt & Granola ✓ Fresh Baked Snickerdoodle Cookie ✓
13	14	15	16	17
Spaghetti with EUSD Marinara & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Pineapple Pizza ✓ Yogurt & Granola ✓	Crunchy Grass Fed Organic Beef Taco ✓ Grass Fed Beef Hamburger Impossible Burger (plant-based patty) ✓ Boar's Head Charcuterie Pack (Crackers, Cheese, Salami) ✓ & Granola Bar	Grilled Cheese Sandwich ✓ Orange Chicken with Organic Brown Rice Yogurt & Granola ✓ Fortune Cookie ✓	Chicken Meatball Sub with EUSD Marinara ✓ EUSD Cheese Pizza ✓ EUSD Pepperoni Pizza ✓ Oatmeal Benefit Bar & String Cheese ✓	Breaded Chicken Drumstick with Potato Wedges & Hawaiian Roll Grass Fed Beef Hotdog Yogurt & Granola ✓ Fresh Baked Oatmeal Raisin Cookie ✓
20	21	22	23	24
Martin Luther King Jr. Day Holiday	Bean & Cheese Pupusa ✓ Chicken & Waffles Boar's Head Hummus & Pretzels ✓, Granola Bar & String Cheese ✓	Homemade Macaroni & Cheese with Chicken Bites ✓ Chicken Corndog (Nitrate free) Yogurt & Granola ✓	Fiesta Nachos with Grass Fed Organic Beef ✓ 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 ✓ Fresh Baked Sugar Cookie ✓
27	28	29	30	31
Pasta with Butter Parmesan Sauce & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Margarita Pizza ✓ Yogurt & Granola ✓ Whole Fruit Popsicle ✓	Bean & Cheese Burrito ✓ Grass Fed Beef Hotdog Boar's Head Charcuterie Pack (Crackers, Cheese, Salami) ✓ & Granola Bar	Grilled Cheese Sandwich ✓ Orange Chicken with Organic Brown Rice Yogurt & Granola ✓ Fortune Cookie ✓	Chicken Alfredo Pasta with Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Pepperoni Pizza ✓ Oatmeal Benefit Bar, String Cheese & Fruit Smoothie ✓	Brunch for Lunch (French Toast & Grass Fed Pork Sausage) ✓ Mozzarella Breadsticks & Marinara ✓ Yogurt & Granola ✓ Fresh Baked Chocolate Chip Cookie ✓

Breakfast Menu

Breakfast is served daily before school. Breakfast includes a choice of 1 entrée, fruit, yogurt, milk, and string cheese. Smoothies are offered Fridays as a side.

Monday:

- Banana Bread ✓
- Blueberry Oat Bar ✓
- Assorted Cereal ✓

Tuesday:

- Maple Belgian Waffle ✓
- Bacon & Cheese Egg Bites ✓
- Assorted Cereal ✓

Wednesday:

- Fresh Baked Chocolate Chip Scone ✓
- Breakfast Sandwich (Chicken Sausage, Egg & Cheese on English Muffin)
- Assorted Cereal ✓

Thursday:

- Scratch-made Chocolate Chip Muffin ✓
- Blueberry Oat Bar ✓
- Assorted Cereal ✓

Friday:

- Hand-rolled Breakfast Burrito (Soy Chorizo, Egg & Cheese) ✓
- Hidden Foods Mini Sprinkle Cake Muffins ✓
- Assorted Cereal ✓

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: California Grown Halos & Locally Grown Snap Peas

Tuesdays: Locally Grown Sliced Apples & Celery
Wednesdays: Mango Chunks & Locally Grown Dassi Family Farm Cucumbers

Thursdays: California grown Kiwis & Jicama Sticks

Fridays: Locally Grown Sliced Oranges

Various dressings are offered daily including a GF option.

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



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

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