


<b>Meatless Monday</b>	<b>Taco Tuesday</b>	<b>Wacky Wednesday</b>	<b>California Thursday</b>	<b>Friday Favorites</b>
3	4	5	6	7
Chik'n Nuggets (vegan) & Oven Baked French Fries ✓ EUSD Cheese Pizza ✓ EUSD Pineapple Pizza ✓ Yogurt & Granola ✓ <sup>GF</sup>	Grass Fed Carne Asada Taco ✓ Crispy Chicken Sandwich ✓ Impossible Burger (vegan) ✓ Boar's Head Hummus & Pretzels <sup>GF</sup> , Granola Bar & String Cheese ✓	Cheese Quesadilla ✓ Chicken & Waffles ✓ Yogurt & Granola ✓ <sup>GF</sup> 	Pasta with Butter Parmesan Sauce ✓ & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Sausage & Pepperoni Pizza ✓ Oatmeal Benefit Bar & String Cheese ✓	Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Homemade Macaroni & Cheese ✓ Yogurt & Granola ✓ <sup>GF</sup> Fresh Baked Sugar Cookie ✓
10	11	12	13	14
Spaghetti with EUSD Marinara & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Margarita Pizza ✓ Yogurt & Granola ✓ <sup>GF</sup>	Crunchy Grass Fed Organic Beef Taco <sup>GF</sup> ✓ Chicken Tenders ✓ Impossible Burger (vegan) Boar's Head Charcuterie Pack (Crackers Cheese, Salami) <sup>GF</sup> & Granola Bar ✓	Grilled Cheese Sandwich ✓ Orange Chicken with Organic Brown Rice Yogurt & Granola ✓ <sup>GF</sup> Fortune Cookie ✓	Mary's BBQ Chicken, Oven Baked French Fries & Corn on the cobb <sup>GF</sup> ✓ EUSD Cheese Pizza ✓ EUSD Pepperoni Pizza ✓ Oatmeal Benefit Bar & String Cheese ✓	Grass Fed Beef Hotdog Soft Pretzels with Cheese Dipping Sauce ✓ Yogurt & Granola ✓ <sup>GF</sup> Fresh Baked Chocolate Chip Cookie ✓
17	18	19	20	21
<b>President's Day Holiday</b>	<b>President's Day Holiday</b>	Homemade Macaroni & Cheese ✓ with Chicken Bites Chicken Corndog (Nitrate free) Yogurt & Granola ✓ <sup>GF</sup>	Fiesta Nachos ✓ with Grass Fed Organic Beef <sup>GF</sup> ✓ EUSD Cheese Pizza ✓ EUSD BBQ Chicken Pizza ✓ Oatmeal Benefit Bar & String Cheese ✓	Brunch for Lunch (French Toast & Grass Fed Pork Sausage) ✓ Mozzarella Breadsticks & Marinara ✓ Yogurt & Granola ✓ <sup>GF</sup> Fresh Baked Celebration Cookie ✓
24	25	26	27	28
Pasta with Butter Parmesan Sauce ✓ & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Pineapple Pizza ✓ Yogurt & Granola ✓ <sup>GF</sup> Whole Fruit Popsicle ✓ <sup>GF</sup>	Homemade Bean & Cheese Burrito ✓ Grass Fed Beef Hamburger Boar's Head Hummus & Pretzels <sup>GF</sup> , Granola Bar & String Cheese ✓	Cheese Quesadilla ✓ Chicken & Waffles ✓ Yogurt & Granola ✓ <sup>GF</sup>	Boar's Head Turkey & Cheddar Sub Sandwich ✓ 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 (vegan) ✓ Yogurt & Granola ✓ <sup>GF</sup> Fresh Baked Oatmeal 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:


- French Toast Sticks ✓
- Breakfast Sandwich (Chicken Sausage, Egg & Cheese on English Muffin)
- Assorted Cereal ✓

### Thursday:


- Scratch-made Chocolate Chip Muffin ✓
- Vanilla Pancake Bites ✓
- Assorted Cereal ✓

### Friday:

- Hand-rolled Breakfast Burrito (Soy Chorizo, Egg & Cheese) ✓
- Fresh Baked Chocolate Chip Scone ✓
- Assorted Cereal ✓

Contains Pork: 

Gluten Free: <sup>GF</sup>

Scratch-made: 

Vegetarian: ✓

Vegan: does not contain any animal products

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

## 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: Local Organic Apples & Jicama

Tuesdays: Local Organic Apple Pears & Cantaloupe

Wednesdays: Pineapple Chunks & Locally Grown Dassi Family Farm Cucumbers

Thursdays: Sliced Oranges & Celery

Fridays: Local Organic Grapefruit & California Grown Halo Tangerines

Various dressings are offered daily including a <sup>GF</sup> option.

## 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.
- 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.



# 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 dragonfruit, 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, Giustos 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.