

Meatless Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
7	8	9	10	11
Pasta with Butter Parmesan Sauce & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Pineapple Pizza ✓ Yogurt & Granola (GF) ✓	Baja Fish Taco with Tortilla Chips Crispy Chicken Sandwich Impossible Burger (vegan) ✓ Boar's Head Hummus & Pretzels (GF), Granola Bar & String Cheese ✓	Grilled Cheese Sandwich ✓ Orange Chicken with Organic Brown Rice Yogurt & Granola (GF) ✓ Fortune Cookie ✓	Mary's Grass Fed BBQ Chicken, Oven Baked French Fries, & Corn on the Cobb ✓ EUSD Cheese Pizza ✓ EUSD Sausage & Pepperoni Pizza ✓ Oatmeal Benefit Bar & String Cheese ✓	Chicken & Waffles Mozzarella Breadsticks & Marinara ✓ Yogurt & Granola (GF) ✓ Freshly Baked Chocolate Chip Cookie ✓
14	15	16	17	18
Spaghetti with EUSD Marinara & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Margarita Pizza ✓ Yogurt & Granola (GF) ✓	Cheese Chili Verde Tamale with Tortilla Chips (GF) ✓ Chicken Tenders Boar's Head Charcuterie Pack (Crackers, Cheese, Salami) (GF) & Granola Bar	Homemade Macaroni & Cheese ✓ with Chicken Bites Chicken Corndog (Nitrate free) Yogurt & Granola (GF) ✓	Fiesta Nachos ✓ with Grass Fed Organic Beef (GF) ✓ EUSD Cheese Pizza ✓ EUSD Pepperoni Pizza ✓ Oatmeal Benefit Bar & String Cheese ✓	Grass Fed Beef Hotdog Soft Pretzels with Cheese Dipping Sauce ✓ Yogurt & Granola (GF) ✓ Freshly Baked Celebration Cookie ✓
21	22	23	24	25
Rainbow Cheese Tortellini with EUSD Marinara & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Pineapple Pizza ✓ Yogurt & Granola (GF) ✓	Brunch for Lunch (French Toast & Grass Fed Organic Pork Sausage) ✓ Crispy Chicken Sandwich Impossible Burger (vegan) ✓ Boar's Head Hummus & Pretzels (GF), Granola Bar & String Cheese ✓	Cheese Quesadilla ✓ Chicken & Waffles Yogurt & Granola (GF) ✓ 	Breaded Chicken Drumstick, Potato Wedges & Hawaiian Roll EUSD Cheese Pizza ✓ EUSD BBQ Chicken Pizza ✓ Benefit Bar, String Cheese & Fruit Smoothie ✓	Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Homemade Macaroni & Cheese ✓ Yogurt & Granola (GF) ✓ Freshly Baked Sugar Cookie ✓
28	29	30		
Chik'n Nuggets & Oven Baked French Fries (vegan) ✓ EUSD Cheese Pizza ✓ EUSD Margarita Pizza ✓ Yogurt & Granola (GF) ✓ Whole Fruit Popsicle (GF) ✓	Crunchy Grass Fed Organic Beef Taco (GF) ✓ Grass Fed Beef Hamburger Impossible Burger (vegan) ✓ Boar's Head Charcuterie Pack (Crackers, Cheese, Salami) (GF) & Granola Bar	Grilled Cheese Sandwich ✓ Orange Chicken with Organic Brown Rice Yogurt & Granola (GF) ✓ Fortune Cookie ✓	<div style="border: 1px solid black; padding: 5px;"> <p>Contains Pork: </p> <p>Gluten Free: (GF) </p> <p>Scratch-made: </p> <p>Vegetarian: ✓ </p> <p>Vegan: does not contain any animal products</p> </div>	

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 Sliced Oranges & Celery
Tuesdays: Organic Strawberries & Jicama
Wednesdays: Pineapple Chunks & Locally Grown Dassi Farms Persian Cucumbers
Thursdays: Petite Bananas & Cantaloupe
Fridays: California Grown Halo Cuties
Various dressings are offered daily including a (GF) option.

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 ✓
-Sweet Potato Chocolate Chip Muffin ✓
-Assorted Cereal ✓

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

Wednesday:
-Vanilla Pancake Bites ✓
-Hand-rolled Breakfast Burrito (Soy Chorizo, Egg & Cheese) ✓
-Assorted Cereal ✓

Thursday:
-Scratch-made Chocolate Chip Muffin ✓
-Breakfast Sandwich (Chicken Sausage, Egg & Cheese on English Muffin)
-Assorted Cereal ✓

Friday:
-Fresh Baked Chocolate Chip Scone ✓
-Cinnamon Crumble ✓
-Assorted Cereal ✓

Meals are FREE for all EUSD Students

Adults & Visitors:
\$6.00 for Lunch, \$4.00 for Breakfast

Eat a Rainbow Week:

April 21-25

Monday is Red/Pink Day
Regionally Grown Strawberries & Sliced Radishes

Tuesday is Orange Day
Cantaloupe & Halos

Wednesday is Yellow Day
Pineapple & Mango Chunks

Thursday is Green Day
Honeydew Melon & Cucumbers

Friday is Blue/Purple Day
Shredded Beets & Blueberries

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.

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.