

JULY/AUGUST MENU

CHULA VISTA ELEMENTARY SCHOOL DISTRICT

**FREE MEALS FOR ALL: ALL STUDENTS WILL CONTINUE TO RECEIVE
A FREE BREAKFAST AND A FREE LUNCH ALL YEAR!**

Breakfast

Students may choose 1% or nonfat white milk at breakfast.

MONDAY

Pan Dulce

7/28-8/4 Egg Tamale

8/11-8/25 Egg & Cheese
English Muffin

Assorted Cereal

TUESDAY

Blueberry Muffin

Maple Chicken
Sandwich

Assorted Cereal

WEDNESDAY

Breakfast Bites

Mango Pineapple
Smoothie

Assorted Cereal

THURSDAY

French Toast Sticks

Ham & Cheese
Croissant

Assorted Cereal

FRIDAY

Mini Maple Pancakes

Bagel & Cream
Cheese

Assorted Cereal

Lunch

Students may choose 1% white milk or nonfat chocolate milk at lunch.

MONDAY

Pepperoni Pizza

Buffalo Veggie
Nuggets & Corn Bread

Chicken Taquitos

Protein Pack

TUESDAY

Chicken & Waffle

Beef Hot Dog

Quesadilla

Bistro Box

WEDNESDAY

Pizza Cruncher

Pork Carnitas Tacos

Turkey & Cheese
Croissant

Protein Pack

THURSDAY

Orange Chicken & Rice

Chicken Tamale

Yogurt Parfait

Bistro Box

FRIDAY

Dill Chicken Bites

Hamburger

Bean & Cheese Burrito

Protein Pack

SALAD BAR

A variety of fruits and vegetables are offered each week:

Fresh: apple slices, nectarines, peaches, pears, pluots, watermelon, carrots,
cherry tomatoes, cucumber, edamame, jicama, lettuce, spinach, sweet peppers,
tomatoes, salad mix, spinach & sugar snap peas

Canned: corn, garbanzo beans, applesauce cups, peaches

Dried: raisins, raisins **Frozen:** acai cups, fruit juice sidekicks

Menus subject to change. This institution is an equal opportunity provider.

