

# AUGUST

## Breakfast & Lunch Menu

2025

### Breakfast Menu

Breakfast is served every morning before school and includes the choice of entrée, fruit, yogurt, milk, and string cheese. Smoothies available on Fridays!

#### Monday:

- Banana Bread✓
- Nature's Bakery Fig Bar✓
- Assorted Cereal✓

#### Tuesday:

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

#### Wednesday:

- Sweet Bread Concha✓
- Vanilla Pancake Bites✓
- Assorted Cereal✓

#### Thursday:

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

#### Friday:


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


### Meals are **FREE** for all EUSD Students

Adult & Visitor Pricing:  
Lunch: \$6.00  
Breakfast: \$4.00



































Contains Pork: 

Gluten Free: 

Scratch-made: 

Vegetarian: 


Vegan: does not contain any animal products

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Welcome Back!</b> 	<b>12</b> Crunchy Grass Fed Organic Beef Taco  Crispy Chicken Breast Sandwich Impossible Burger (vegan)✓ Oatmeal Benefit Bar & String Cheese✓	<b>13</b> Grilled Cheese Sandwich  Orange Chicken with Organic Brown Rice Yogurt & Granola  Fortune Cookie✓	<b>14</b> Mary's Grass-fed BBQ Chicken, Baked French Fries, & Corn  EUSD Cheese Pizza  EUSD Pepperoni Pizza  Oatmeal Benefit Bar & String Cheese✓	<b>15</b> Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Homemade Macaroni & Cheese  Yogurt & Granola  Fresh Baked Celebration Cookie✓
<b>18</b> Pasta with Butter Parmesan Sauce & Garlic Bread  EUSD Cheese Pizza  EUSD Margarita Pizza  Yogurt & Granola 	<b>19</b> Bean, Cheese & Fiesta Rice Burrito  Chicken Tenders Boar's Head Hummus & Pretzels  Granola Bar + String Cheese✓	<b>20</b> Boar's Head Turkey & Cheese Sub Sandwich  Stuffed Cheese Quesadilla  Chicken Corn dog (Nitrate free) Yogurt & Granola 	<b>21</b> Fiesta Nachos ✓ with Grass Fed Organic Beef  EUSD Cheese Pizza  EUSD BBQ Chicken Pizza  Oatmeal Benefit Bar & String Cheese✓	<b>22</b> Grass Fed Beef Hot dog Soft Pretzels with Cheese Dipping Sauce✓ Yogurt & Granola  Fresh Baked Sugar Cookie✓
<b>25</b> Spaghetti with EUSD Marinara & Garlic Bread  EUSD Cheese Pizza  EUSD Pineapple Pizza  Yogurt & Granola  Whole Fruit Popsicle 	<b>26</b> Chicken Chile Verde Tamale & Tortilla Chips  Grass Fed Beef Hamburger Impossible Burger (vegan)✓ Oatmeal Benefit Bar & String Cheese✓	<b>27</b> Grilled Cheese Sandwich  Orange Chicken with Organic Brown Rice Yogurt & Granola  Fortune Cookie✓	<b>28</b> Mary's Grass-fed Chicken Alfredo Pasta  EUSD Cheese Pizza  EUSD Pepperoni Pizza  Oatmeal Benefit Bar, String Cheese & Fruit Smoothie✓	<b>29</b> Chicken & Waffles Mozzarella Breadsticks & Marinara✓ Yogurt & Granola  Fresh Baked Chocolate Chip Cookie✓

### Daily Salad Bar:

Fresh, Seasonal, Local!

Unlimited Daily Salad bars are part of every school lunch, featuring EUSD Farm Lab Grown organic lettuce and seasonal veggies!

**Mondays:** California Grown Sliced Oranges & Celery  
**Tuesdays:** Pineapple Chunks & Dassi Farms Local Persian Cucumbers  
**Wednesdays:** Sliced Fallbrook organic Apples & Jicama  
**Thursdays:** Petite Bananas & Honeydew Melon  
**Fridays:** Stehly Farms organic Gold Nugget Tangerines  
 Various dressings are offered daily including a  option.

### Elevating School Lunch

EUSD is committed to serving high-quality, scratch-made meals using local, organic, and grass-fed ingredients. From house-made pizza with organic Farm Lab tomato sauce to slow-roasted organic meats in entrees like tacos, sandwiches, and pastas—our meals are thoughtfully prepared to be nutritious and delicious!

We take pride in offering simple, elevated, kid-friendly meals with minimal processing every day. Every lunch includes access to a fresh salad bar packed with local, organic fruits and veggies—many grown right at our EUSD Farm Lab!

### 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. Please note that we serve GF items, but our kitchens are not GF facilities.
- Plant-based/Vegan 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.

