

OCTOBER

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 ✓
- Sweet Bread Concha ✓
- Daily Cereal ✓

Tuesday:

- Maple Belgian Waffle ✓
- Bacon & Cheese Egg Bites 🍳
- Daily Cereal ✓

Wednesday:

- Vanilla Pancake Bites ✓
- Blueberry Oat Complete Breakfast Cookie ✓
- Daily Cereal ✓

Thursday:

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

Friday:

- Hand-rolled Breakfast Burrito (Soy Chorizo, Egg & Cheese) ✓
- Fresh Baked Chocolate Chip Scone ✓
- Daily 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: Locally Grown

Sliced Apples & Celery

Tuesdays: Locally grown

Avocados & Pineapple Chunks

Wednesdays: Organic local

Passion fruit & Mango

Thursdays: Locally Grown

Dassi Farms Cucumbers &

Bananas

Fridays: Locally Grown Sliced

Oranges

Various dressings are offered

daily including a **GF** option.

Monday	Tuesday	Wednesday	Thursday	Friday
 NATIONAL FARM to SCHOOL MONTH 		1 Orange Chicken with Organic Brown Rice Grilled Cheese Sandwich 🍷 ✓ Yogurt & Granola GF ✓ Fortune Cookie ✓	2 Mary's Grass-fed BBQ Chicken, Baked French Fries 🍷 EUSD Cheese Pizza 🍷 ✓ EUSD Pepperoni Pizza 🍷 🍳 Oatmeal Benefit Bar & String Cheese ✓ Organic Farm Lab Corn GF ✓	3 Brunch for Lunch (French Toast & Grass Fed Pork Sausage) Crispy Chicken Breast Sandwich Yogurt & Granola GF ✓ Whole Fruit Popsicle GF ✓
6 Creamy Alfredo Pasta & Garlic Bread 🍷 ✓ EUSD Cheese Pizza 🍷 ✓ EUSD Pineapple Pizza 🍷 ✓ Yogurt & Granola GF ✓	7 Grass Fed Carne Asada Soft Taco on local Flour Tortilla 🍷 Homemade Bean & Cheese Burrito 🍷 Oatmeal Benefit Bar & String Cheese ✓	8 Chik'n Nuggets with Oven Baked French Fries (vegan) ✓ Chicken Corn Dog (Nitrate free) Yogurt & Granola GF ✓	9 Fiesta Nachos ✓ with Grass Fed Organic Beef GF ✓ EUSD Cheese Pizza 🍷 ✓ EUSD BBQ Chicken Pizza 🍷 Oatmeal Benefit Bar & String Cheese ✓	10 Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Homemade Macaroni & Cheese 🍷 ✓ with Chicken Bites Yogurt & Granola GF ✓ Fresh Baked Celebration Cookie ✓
13 Bowtie Pasta with EUSD Marinara & Garlic Bread 🍷 ✓ EUSD Cheese Pizza 🍷 ✓ EUSD Margarita Pizza 🍷 ✓ Yogurt & Granola GF ✓	14 Baked Potato with Cheese Sauce & Toppings Grass Fed Beef Hamburger Impossible Burger (vegan) ✓ Boar's Head Hummus & Pretzels GF , Granola Bar & String Cheese ✓	15 Grass Fed Chicken Shawarma Plate with Rice & Naan Bread 🍷 Stuffed Cheese Quesadilla 🍷 ✓ Stuffed Quesadilla with Grilled Organic Chicken 🍷 Yogurt & Granola GF ✓	16 Boar's Head Turkey & Cheddar Sub Sandwich 🍷 EUSD Cheese Pizza 🍷 ✓ EUSD Pepperoni Pizza 🍷 🍳 Oatmeal Benefit Bar & String Cheese ✓ Organic Farm Lab Corn GF ✓	17 Breaded Chicken Drumsticks, Potato Wedges & Hawaiian Roll Mozzarella Breadsticks & Marinara ✓ Yogurt & Granola GF ✓ Fresh Baked Sugar Cookie ✓
Fall Break (October 20-24)				
27 Pasta with Butter Parmesan Sauce & Garlic Bread 🍷 ✓ EUSD Cheese Pizza 🍷 ✓ EUSD Pineapple Pizza 🍷 ✓ Yogurt & Granola GF ✓ Whole Fruit Popsicle GF ✓	28 Crunchy Grass Fed Organic Beef Taco GF 🍷 Cheese Chili Verde Tamale + Tortilla Chips GF ✓ Oatmeal Benefit Bar + String Cheese ✓	29 Chicken & Waffles Grilled Cheese Sandwich 🍷 ✓ Yogurt & Granola GF ✓	30 Grass Fed Organic Beef Bolognese Pasta 🍷 & Hawaiian Roll EUSD Cheese Pizza 🍷 ✓ EUSD Pepperoni & Pineapple Pizza 🍷 🍳 Oatmeal Benefit Bar, String Cheese & Fruit Smoothie ✓	31 Grass Fed Beef Hot Dog Soft Pretzels with Cheese Dipping Sauce ✓ Yogurt & Granola GF ✓ Fresh Baked EUSD Black Bean Brownies ✓

Contains Pork: 🍖

Gluten Free: **GF**

Scratch-made: 🍳

Vegetarian: ✓

Vegan: does not contain any animal products

Meals are FREE for all EUSD Students

Adult & Visitor Pricing:

Lunch: \$6.00

Breakfast: \$4.00

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. 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 dragon fruit, finger limes, oranges, apples, avocados, etc.

LA FE TORTILLERIA



Based in San Marcos, La Fe Tortilleria is a multi-generational family run business that delivers authentic, fresh tortillas weekly!



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, Giusto's 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.