

October Menu 2025

Wednesday, October 1

Orange Chicken with Organic Brown Rice
Grilled Cheese Sandwich (scratch made, vegetarian)
Yogurt & Granola (vegetarian, gluten free)
Fortune Cookie (vegetarian)

Thursday, October 2

Mary's Grass Fed BBQ Chicken, Baked French Fries (scratch made)
EUSD Cheese Pizza (vegetarian, scratch-made)
EUSD Pepperoni Pizza (scratch-made, contains pork)
Oatmeal Benefit Bar & String Cheese (vegetarian)
Organic Farm Lab Corn (vegetarian, scratch made, gluten free)

Friday, October 3

Brunch for Lunch (French Toast & Grass Fed Pork Sausage) (scratch made)
Crispy Chicken Breast Sandwich
Yogurt & Granola (vegetarian, gluten free)
Whole Fruit Popsicle (vegetarian, gluten free)

Monday, October 6

Creamy Alfredo Pasta & Garlic Bread (scratch made, vegetarian)
EUSD Cheese Pizza (vegetarian, scratch-made)
EUSD Pineapple Pizza (vegetarian, scratch-made)
Yogurt & Granola (vegetarian, gluten free)

Tuesday, October 7

Grass Fed Carne Asada Soft Taco on local Flour Tortilla (scratch made)
Homemade Bean & Cheese Burrito (vegetarian)
Oatmeal Benefit Bar & String Cheese (vegetarian)

Wednesday, October 8

Chik'n Nuggets with Oven Baked French Fries (vegan) (vegetarian)
Chicken Corn Dog (Nitrate free)
Yogurt & Granola (vegetarian, gluten free)

Thursday, October 9

Fiesta Nachos (vegetarian) with Grass Fed Organic Beef (scratch made, gluten free)
EUSD Cheese Pizza (vegetarian, scratch-made)
EUSD BBQ Chicken Pizza (scratch-made)
Oatmeal Benefit Bar & String Cheese (vegetarian)

Friday, October 10

Grass Fed Beef Hamburger
Grass Fed Beef Cheeseburger

Homemade Macaroni & Cheese (scratch made, vegetarian) with Chicken Bites
Yogurt & Granola (vegetarian, gluten free)
Fresh Baked Celebration Cookie (vegetarian)

Monday, October 13

Bowtie Pasta with EUSD Marinara & Garlic Bread (scratch made, vegetarian)
EUSD Cheese Pizza (scratch made, vegetarian)
EUSD Margarita Pizza (scratch made, vegetarian)
Yogurt & Granola (vegetarian, gluten free)

Tuesday, October 14

Baked Potato with Cheese Sauce (vegetarian) & Toppings
Grass Fed Beef Hamburger
Impossible Burger (vegan) (vegetarian)
Boar's Head Hummus & Pretzels (gluten free), Granola Bar & String Cheese (vegetarian)

Wednesday, October 15

Grass Fed Chicken Shawarma Plate with Rice & Naan Bread (scratch made)
Stuffed Cheese Quesadilla (scratch made, vegetarian)
Stuffed Quesadilla with Grilled Organic Chicken (scratch made)
Yogurt & Granola (vegetarian, gluten free)

Thursday, October 16

Boar's Head Turkey & Cheddar Sub Sandwich (scratch made)
EUSD Cheese Pizza (vegetarian, scratch-made)
EUSD Pepperoni Pizza (scratch-made, contains pork)
Oatmeal Benefit Bar & String Cheese (vegetarian)
Organic Farm Lab Corn (vegetarian, scratch made, gluten free)

Friday, October 17

Breaded Chicken Drumsticks, Potato Wedges & Hawaiian Roll
Mozzarella Breadsticks & Marinara (vegetarian)
Yogurt & Granola (vegetarian, gluten free)
Fresh Baked Sugar Cookie (vegetarian)

Fall Break (October 20-24)

Monday, October 27

Pasta with Butter Parmesan Sauce & Garlic Bread (scratch made, vegetarian)
EUSD Cheese Pizza (scratch made, vegetarian)
EUSD Pineapple Pizza (scratch made, vegetarian)
Yogurt & Granola (vegetarian, gluten free)
Whole Fruit Popsicle (vegetarian, gluten free)

Tuesday, October 28

Crunchy Grass Fed Organic Beef Taco (gluten free, scratch made)

Cheese Chili Verde Tamale and Tortilla Chips (gluten free, vegetarian)
Oatmeal Benefit Bar & String Cheese (vegetarian)

Wednesday, October 29

Chicken & Waffles
Grilled Cheese Sandwich (scratch made, vegetarian)
Yogurt & Granola (vegetarian, gluten free)
Fortune Cookie (vegetarian)

Thursday, October 30

Grass Fed Organic Beef Bolognese Pasta (scratch made) & Hawaiian Roll
EUSD Cheese Pizza (vegetarian, scratch-made)
EUSD Pepperoni & Pineapple Pizza (scratch-made, contains pork)
Oatmeal Benefit Bar, String Cheese & Fruit Smoothie (vegetarian)

Friday, October 31

Grass Fed Beef Hot Dog
Soft Pretzel with Cheese Sauce Dipping Sauce (vegetarian)
Yogurt & Granola (vegetarian, gluten free)
Fresh Baked EUSD Black Bean Brownies (vegetarian)

Student Meal Prices:

All EUSD Students eat for Free!

Adult & Visitor Meal Prices:

Adult/Visitor Breakfast: \$4.00

Adult/Visitor Lunch: \$6.00

Daily Salad Bar:

Fresh, Seasonal, California-Grown!
Unlimited Daily Salad bars are part of every school lunch, featuring EUSD Farm Lab and 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 Cucumber & Bananas
Fridays: Locally Grown Sliced Oranges
Various dressings are offered daily including a gluten free option.

Breakfast Menu

Breakfast is served daily before school. Check with your school office for specific service times.
Breakfast includes a choice of entrée, fruit, yogurt, milk, and string cheese.

Monday: Banana Bread (vegetarian), Sweet Bread Concha (vegetarian) & Whole Grain Cereal (vegetarian)

Tuesday: Maple Belgian Waffle (vegetarian), Bacon & Cheese Egg Bites (contains pork) & Whole Grain Cereal (vegetarian)

Wednesday: Blueberry Oat Complete Breakfast Cookie (vegetarian), Vanilla Pancake Bites (vegetarian) & Whole Grain Cereal (vegetarian)

Thursday: Scratch-made Chocolate Chip Muffins (vegetarian), Breakfast Sandwich (chicken sausage, egg & cheese) & Whole Grain Cereal (vegetarian)

Friday: Hand-rolled Breakfast Burrito (Soy Chorizo, Egg & Cheese OR Potato, Egg & Cheese) (vegetarian), Fresh Baked Chocolate Chip Scone (vegetarian) & Whole Grain Cereal (vegetarian)

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.
- 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 it 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.

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 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.