

JANUARY

Breakfast & Lunch Menu

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 ✓
- Assorted Cereal ✓

Tuesday:

- Maple Belgian Waffle ✓
- Oatmeal benefit Bar
- Assorted Cereal ✓

Wednesday:

- Bacon & Cheese Egg Bites
- 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 ✓



Monday	Tuesday	Wednesday	Thursday	Friday
	6 Baja Fish Tacos with Tortilla Chips Crispy Chicken Tenders Impossible Burger (vegan) ✓ Wowbutter & Jelly Sandwich + String Cheese ✓	7 Orange Chicken with Organic Brown Rice Grilled Cheese Sandwich ✓ ✓ Yogurt & Granola ✓ (GF) Fortune Cookie ✓	8 Mary's Grass Fed Chicken Alfredo Pasta EUSD Cheese Pizza ✓ ✓ EUSD Pepperoni Pizza ✓ ✓ Oatmeal Benefit Bar & String Cheese ✓	9 Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Homemade Macaroni & Cheese ✓ ✓ with Chicken Bites Yogurt & Granola ✓ (GF) Fresh Baked Chocolate Chip Cookie ✓
12	13 Pasta with Butter Parmesan Sauce & Garlic Bread ✓ ✓ EUSD Cheese Pizza ✓ ✓ EUSD Margarita Pizza ✓ ✓ Yogurt & Granola ✓ (GF)	14 Homemade Bean & Cheese Burrito ✓ ✓ Crispy Chicken Breast Sandwich Wowbutter & Jelly Sandwich + String Cheese ✓	15 Chicken & Waffles Stuffed Cheese Quesadilla ✓ ✓ Stuffed Quesadilla with Grilled Chicken ✓ Yogurt & Granola ✓ (GF)	16 Breaded Chicken Drumstick, Potato Wedges & Hawaiian Roll EUSD Cheese Pizza ✓ ✓ EUSD BBQ Chicken Pizza ✓ Oatmeal Benefit Bar & String Cheese ✓
19 Martin Luther King Jr. Day Holiday	20 Cheese Chili Verde Tamale + Tortilla Chips (GF) ✓ Grass Fed Beef Hamburger Wowbutter & Jelly Sandwich + String Cheese ✓	21 Chik'n Nuggets with Oven Baked French Fries (vegan) ✓ Chicken Corn Dog (Nitrate free) Yogurt & Granola ✓ (GF)	22 Fiesta Nachos ✓ with Grass Fed Organic Beef ✓ (GF) EUSD Cheese Pizza ✓ ✓ EUSD Pepperoni Pizza ✓ ✓ Oatmeal Benefit Bar & String Cheese ✓	23 Grass Fed Beef Hot dog Soft Pretzels with Cheese Dipping Sauce ✓ Yogurt & Granola ✓ (GF) Fresh Baked EUSD Black Bean Brownie ✓
26	27 Bowtie Pasta with EUSD Marinara & Garlic Bread ✓ ✓ EUSD Cheese Pizza ✓ ✓ EUSD Pineapple Pizza ✓ ✓ Yogurt & Granola ✓ (GF) Whole Fruit Popsicle ✓	28 Crunchy Grass Fed Organic Beef Taco (GF) ✓ Crispy Chicken Tenders Impossible Burger (vegan) ✓ Wowbutter & Jelly Sandwich + String Cheese ✓	29 Orange Chicken with Organic Brown Rice Grilled Cheese Sandwich ✓ ✓ Yogurt & Granola ✓ (GF) Fortune Cookie ✓	30 Grass Fed Organic Beef Bolognese Pasta ✓ & Hawaiian Roll EUSD Cheese Pizza ✓ ✓ EUSD Sausage Pizza ✓ ✓ Oatmeal Benefit Bar, String Cheese & Fruit Smoothie ✓

Meals are **FREE** for all EUSD Students

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

Contains Pork: 🥩

Gluten Free: (GF)

Scratch-made: (SM)

Vegetarian: ✓

Vegan: does not contain any animal products

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: Local Cara Cara Oranges & Jicama

Tuesdays: Honeydew & Locally Grown Dassi Farms Persian Cucumbers

Wednesdays: Locally Grown Kiwis & Apple Pears

Thursdays: Mango & Celery

Fridays: Locally Grown Organic Satsuma Mandarin Oranges
Various dressings are offered daily including a (GF) option.

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** entrées 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



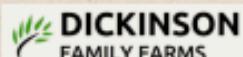
Cream Co. works with over 20 sustainable, regenerative, and organic family farms in northern California. Our beef, pork and chicken come from a variety of farms including Mary's Chicken and Beeler's Pork.

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.