

January Menu 2026

Tuesday, January 6

Baja Fish Taco with Tortilla Chips
Crispy Chicken Tenders
Impossible Burger (vegan) (vegetarian)
Wowbutter & Jelly Sandwich & String Cheese (vegetarian)

Wednesday, January 7

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

Thursday, January 8

Mary's Grass Fed Chicken Alredo Pasta (scratch-made)
EUSD Cheese Pizza (vegetarian, scratch-made)
EUSD Pepperoni Pizza (contains pork, scratch-made)
Oatmeal Benefit Bar & String Cheese (vegetarian)

Friday, January 9

Grass Fed Beef Hamburger
Grass Fed Beef Cheeseburger
Homemade Macaroni & Cheese (scratch-made, vegetarian) with Chicken Bites
Yogurt & Granola (vegetarian, gluten free)
Fresh Baked Chocolate Chip Cookie (vegetarian)

Monday, January 12

Pasta with Butter Parmesan Sauce & Garlic Bread (scratch-made, vegetarian)
EUSD Cheese Pizza (scratch-made, vegetarian)
EUSD Margarita Pizza (scratch-made, vegetarian)
Yogurt & Granola (vegetarian, gluten free)

Tuesday, January 13

Homemade Bean & Cheese Burrito (scratch-made, vegetarian)
Crispy Chicken Breast Sandwich
Wowbutter & Jelly Sandwich & String Cheese (vegetarian)

Wednesday, January 14

Chicken & Waffles
Stuffed Cheese Quesadilla (scratch-made, vegetarian)
Stuffed Quesadilla with Grilled Chicken (scratch-made)
Yogurt & Granola (vegetarian, gluten free)

Thursday, January 15

Breaded Chicken Drumstick, Potato Wedges & Hawaiian Roll

EUSD Cheese Pizza (scratch-made, vegetarian)
EUSD BBQ Chicken Pizza (scratch-made)
Oatmeal Benefit Bar & String Cheese (vegetarian)

Friday, January 16

California Burrito (Organic Carne Asada, French Fries, Cheese)
Mozzarella Breadsticks & Marinara (vegetarian)
Yogurt & Granola (vegetarian, gluten free)
Whole Fruit Popsicle (vegetarian, gluten free)

Monday, January 19 (Martin Luther King Jr. Day Holiday)

Tuesday, January 20

Cheese Chili Verde Tamale & Tortilla Chips (gluten free, vegetarian)
Grass Fed Beef Hamburger
Wowbutter & Jelly Sandwich & String Cheese (vegetarian)

Wednesday, January 21

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

Thursday, January 22

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

Friday, January 23

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

Monday, January 26

Bowtie Pasta with EUSD Marinara & 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, January 27

Crunchy Grass Fed Organic Beef Taco (gluten free, scratch-made)
Crispy Chicken Tenders
Impossible Burger (vegan, vegetarian)
Wowbutter & Jelly Sandwich & String Cheese (vegetarian)

Wednesday, January 28

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

Thursday, January 29

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

Friday, January 30

Brunch for Lunch (French Toast & Grass Fed Pork Sausage) (scratch-made, contains pork)
Crispy Chicken Breast Sandwich
Impossible Burger (vegan, vegetarian)
Yogurt & Granola (vegetarian, gluten free)
Fresh Baked Celebration Cookie (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 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 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), Oatmeal Benefit Bar & Whole Grain Cereal (vegetarian)

Wednesday: Bacon & Cheese Egg Bites (contains pork), 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.

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, 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.