

# **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.

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**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)

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### **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.
- 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.