

JANUARY MENU

CHULA VISTA ELEMENTARY SCHOOL DISTRICT

ALL STUDENTS
EAT ALL
MEALS FOR
FREE

Breakfast

Students may choose 1% or nonfat white milk at breakfast.

MONDAY

Pan Dulce ✓
Bacon Egg Cheese
Pocket
Assorted Cereal ✓

TUESDAY

Vanilla Breakfast
Square ✓
Maple Chicken
Sandwich
Assorted Cereal ✓

WEDNESDAY

Breakfast Bites ✓
Egg & Cheese English
Muffin ✓
Assorted Cereal ✓

THURSDAY

Cinnamon Swirl Bun ✓
Ham & Swiss Cheese
Croissant
Assorted Cereal ✓

FRIDAY

Poffitz Pancakes ✓
Bagel w/Cream
Cheese ✓
Assorted Cereal ✓

Lunch

Students may choose 1% white milk or nonfat chocolate milk at lunch.

MONDAY

Pepperoni Pizza
Buffalo Veggie ✓
Nuggets & Corn Bread
Birria Pupusa
Protein Pack ✓

TUESDAY

Teriyaki Chicken
w/Rice
Beef Hot Dog
Mac & Cheese ✓
Bistro Box

WEDNESDAY

Cheese Pizza ✓
Chicken Sandwich
Beef & Cheese
Taquito
Protein Pack ✓

THURSDAY

Orange Chicken w/
Rice
Chicken Tamale
Vegan Burger ✓
Bistro Box

FRIDAY

Popcorn Chicken
Carne Asada Tacos
Grilled Cheese ✓
Protein Pack ✓

SALAD BAR

A variety of fruits and vegetables are offered each week:

Fresh: apples, bananas, cantaloupe, cherry tomatoes, cucumber, grapes, honeydew melon, oranges, pears, tangelos, broccoli, carrots, celery, edamame, lettuce, salad mix, spinach, sugar snap peas & mini sweet peppers

Canned: black beans, corn, garbanzo beans, applesauce

Dried: raisins, cranberries



Vegetarian

Menus subject to change. This is an equal opportunity provider

HAPPY
MARTIN
LUTHER
KING JR.
DAY

