

Breakfast & Lunch Menu

Breakfast Menu	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Breakfast is served every morning before school and includes the choice of entrée, fruit, yogurt, milk, and string cheese.</p> <p>Monday: -Banana Bread ✓ -Sweet Bread Concha ✓ -Assorted Cereal ✓</p> <p>Tuesday: -Maple Belgian Waffle ✓ -Oatmeal Benefit Bar ✓ -Assorted Cereal ✓</p> <p>Wednesday: -Bacon & Cheese Egg Bites ✓ -Vanilla Pancake Bites ✓ -Assorted Cereal ✓</p> <p>Thursday: -Scratch-made Chocolate Chip Muffin ✓ -Breakfast Sandwich (Chicken Sausage, Egg & Cheese) -Assorted Cereal ✓</p> <p>Friday: -Hand-rolled Breakfast Burrito (Soy Chorizo, Egg & Cheese) ✓ -Fresh Baked Chocolate Chip Scone ✓ -Assorted Cereal ✓</p>	<p>6</p> <p>Rainbow Cheese Tortellini with EUSD Marinara & Garlic Bread 🍷</p> <p>✓</p> <p>EUSD Cheese Pizza 🍷 ✓ EUSD Pineapple Pizza 🍷 ✓ Yogurt & Granola ✓🌱</p>	<p>7</p> <p>Crunchy Grass Fed Organic Beef Taco 🌱🌱</p> <p>Crispy Chicken Tenders Wowbutter & Jelly Sandwich with String Cheese ✓</p>	<p>8</p> <p>Spring Break (March 23- April 3)</p> <p>8</p> <p>Boar's Head Turkey & Cheese Sub Sandwich 🍷</p> <p>Chik'n Nuggets with Oven Baked French Fries (vegan) ✓ Yogurt & Granola ✓🌱 Mini Rice Krispie Treat 🌱</p>	<p>9</p> <p>Chicken & Waffles EUSD Cheese Pizza 🍷 ✓ EUSD Pepperoni Pizza 🍷 🌱 Oatmeal Benefit Bar & String Cheese ✓</p>
	<p>13</p> <p>Pasta with Butter Parmesan Sauce & Garlic Bread 🍷 ✓</p> <p>EUSD Cheese Pizza 🍷 ✓ EUSD Margarita Pizza 🍷 ✓ Yogurt & Granola ✓🌱</p>	<p>14</p> <p>Greek Marinated Chicken with Wild Rice, Tzatziki 🌱 & Pita 🍷</p> <p>Crispy Chicken Breast Sandwich Wowbutter & Jelly Sandwich with String Cheese ✓</p>	<p>15</p> <p>Macaroni & Cheese 🍷 ✓ with Chicken Bites</p> <p>Stuffed Cheese Quesadilla 🍷 ✓ Stuffed Quesadilla with Grilled Mary's Chicken 🍷 Yogurt & Granola ✓🌱 Mini Rice Krispie Treat 🌱</p>	<p>16</p> <p>Breaded Chicken Drumsticks, Potato Wedges & Hawaiian Roll</p> <p>EUSD Cheese Pizza 🍷 ✓ EUSD BBQ Chicken Pizza 🍷 Oatmeal Benefit Bar & String Cheese ✓</p>	<p>17</p> <p>Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Mozzarella Breadsticks & Marinara ✓ Yogurt & Granola ✓🌱 Fresh Baked Celebration Cookie ✓</p>
	<p>20</p> <p>Spaghetti with EUSD Marinara & Garlic Bread 🍷 ✓</p> <p>EUSD Cheese Pizza 🍷 ✓ EUSD Pineapple Pizza 🍷 ✓ Yogurt & Granola ✓🌱</p>	<p>21</p> <p>Chili Verde Cheese Tamale & Tortilla Chips 🌱</p> <p>Grass Fed Beef Hot Dog Wowbutter & Jelly Sandwich with String Cheese ✓</p>	<p>22</p> <p>Orange Chicken with Organic Brown Rice</p> <p>Grilled Cheese Sandwich 🍷 ✓ Yogurt & Granola ✓🌱 Fortune Cookie ✓</p>	<p>23</p> <p>Fiesta Nachos ✓ with Grass Fed Organic Beef 🍷 🌱</p> <p>EUSD Cheese Pizza 🍷 ✓ EUSD Pepperoni Pizza 🍷 🌱 Oatmeal Benefit Bar & String Cheese ✓</p>	<p>24</p> <p>California Burrito (Organic Carne Asada, Baked French Fries & Cheese) 🍷 Chicken & Waffles Yogurt & Granola ✓🌱 Fruit Freeze 🌱</p>
	<p>27</p> <p>Homemade Bean & Cheese Burrito 🍷 ✓</p> <p>EUSD Cheese Pizza 🍷 ✓ EUSD Margarita Pizza 🍷 ✓ Yogurt & Granola ✓🌱 Frozen Fruit Cup ✓🌱</p>	<p>28</p> <p>Brunch for Lunch (French Toast & Grass Fed Pork Sausage) 🍷 🌱</p> <p>Grass Fed Beef Hamburger Crispy Chicken Breast Sandwich Wowbutter & Jelly Sandwich with String Cheese ✓</p>	<p>29</p> <p>Pasta with Butter Parmesan Sauce 🍷 ✓</p> <p>Chicken Corn Dog (nitrate free) Yogurt & Granola ✓🌱 Mini Rice Krispie Treat 🌱</p>	<p>30</p> <p>Organic Carne Asada Soft Taco on local Tortilla & Tortilla Chips 🍷</p> <p>EUSD Cheese Pizza 🍷 ✓ EUSD Pepperoni & Sausage Pizza 🍷 🌱 Oatmeal Benefit Bar & String Cheese ✓</p>	<p>Contains Pork: 🌱</p> <p>Gluten Free: 🌱</p> <p>Scratch-made: 🍷</p> <p>Vegetarian: ✓</p> <p>Vegan: does not contain any animal products</p>

Meals are FREE for all EUSD Students
Adult & Visitor Pricing:
Lunch: \$6.00
Breakfast: \$4.00

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: Locally Grown Sliced Apples & Jicama
Tuesdays: California Grown Tangerines & Locally Grown Dassi Farms Persian Cucumbers
Wednesdays: Bananas & Celery
Thursdays: Strawberries & Bell Peppers
Fridays: Locally Grown Sliced Oranges
Various dressings are offered daily including a 🌱 option.

Eat a Rainbow Week:
April 20-24

Monday is Red/Pink Day
Regionally Grown Strawberries & Sliced Radishes

Tuesday is Orange Day
Cantaloupe & Halos

Wednesday is Yellow Day
Pineapple & Mango Chunks

Thursday is Green Day
Honeydew Melon & Cucumbers

Friday is Blue/Purple Day
Shredded Beets & Blueberries

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. 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 dragonfruit, 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, Giustos 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.

