

Breakfast & Lunch Menu

Breakfast Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast Menu</p> <p>Breakfast is served every morning before school and includes the choice of entrée, fruit, yogurt, milk, and string cheese.</p> <p>Monday:</p> <ul style="list-style-type: none"> -Banana Bread ✓ -Sweet Bread Concha ✓ -Assorted Cereal ✓ <p>Tuesday:</p> <ul style="list-style-type: none"> -Maple Belgian Waffle ✓ -Ultimate Breakfast Bar ✓ -Assorted Cereal ✓ <p>Wednesday:</p> <ul style="list-style-type: none"> -Bacon & Cheese Egg Bites -Vanilla Pancake Bites ✓ -Assorted Cereal ✓ <p>Thursday:</p> <ul style="list-style-type: none"> -Scratch-made Chocolate Chip Muffin ✓ -Breakfast Sandwich (Chicken Sausage, Egg & Cheese) -Assorted Cereal ✓ <p>Friday:</p> <ul style="list-style-type: none"> -Hand-rolled Breakfast Burrito (Soy Chorizo, Egg & Cheese) ✓ -Fresh Baked Chocolate Chip Scone ✓ -Assorted Cereal ✓ 	<p>Meals are FREE for all EUSD Students!</p> <p>Adult & Visitor Pricing: Lunch: \$6.00 Breakfast: \$4.00</p>				<p>1</p> <p>Grass Fed Beef Hot Dog Soft Pretzel Bites with Cheese Dipping Sauce ✓ Yogurt & Granola ✓GF Fresh Baked Chocolate Chip Cookie ✓</p>
	<p>4</p> <p>Pasta with Butter Parmesan Sauce & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Pineapple Pizza ✓ Yogurt & Granola ✓GF</p>	<p>5</p> <p>Crunchy Grass Fed Organic Beef Taco ✓GF Crispy Chicken Breast Sandwich Wowbutter & Jelly Sandwich with String Cheese ✓</p>	<p>6</p> <p>Buffalo-style Chicken Wings (mild) & Garlic Knot Grilled Cheese Sandwich ✓ Yogurt & Granola ✓GF Mini Rice Krispie Treat GF</p>	<p>7</p> <p>Mary's BBQ Chicken, Oven Baked French Fries & Corn on the Cobb EUSD Cheese Pizza ✓ EUSD BBQ Chicken Pizza Oatmeal Benefit Bar & String Cheese ✓</p>	<p>8</p> <p>Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Mozzarella Breadsticks & Marinara ✓ Yogurt & Granola ✓GF EUSD Black Bean Brownie ✓GF</p>
	<p>11</p> <p>Creamy Alfredo Pasta & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Margarita Pizza ✓ Yogurt & Granola ✓GF</p>	<p>12</p> <p>Homemade Bean & Cheese Burrito ✓ Crispy Chicken Tenders Wowbutter & Jelly Sandwich with String Cheese ✓</p>	<p>13</p> <p>Orange Chicken with Brown Rice Stuffed Cheese Quesadilla ✓ Stuffed Quesadilla with Grilled Chicken Yogurt & Granola ✓GF Fortune Cookie ✓</p>	<p>14</p> <p>Chicken Shawarma Pita with Garlic Sauce EUSD Cheese Pizza ✓ EUSD Pepperoni Pizza Oatmeal Benefit Bar & String Cheese ✓</p>	<p>15</p> <p>Boar's Head Turkey & Cheese Sub Sandwich Macaroni & Cheese with Chicken Bites Yogurt & Granola ✓GF Fruit Freeze GF ✓</p>
	<p>18</p> <p>Bowtie Pasta with EUSD Marinara & Garlic Bread ✓ EUSD Cheese Pizza ✓ EUSD Pineapple Pizza ✓ Yogurt & Granola ✓GF Whole Fruit Popsicle GF ✓</p>	<p>19</p> <p>Bean + Cheese Pupusa ✓ OR Beef Birria Pupusa with Tortilla Chips GF Grass Fed Beef Hamburger Wowbutter & Jelly Sandwich with String Cheese ✓</p>	<p>20</p> <p>Beef Bolognese Pasta with Grass Fed Organic Beef Chicken Corn Dog (nitrate free) Yogurt & Granola ✓GF Mini Rice Krispie Treat GF</p>	<p>21</p> <p>Fiesta Nachos ✓ with Grass Fed Organic Beef GF EUSD Cheese Pizza ✓ EUSD Pepperoni & Sausage Pizza Oatmeal Benefit Bar & String Cheese ✓</p>	<p>22</p> <p>Baked Potato with Cheese Sauce & Toppings GF Chicken & Waffles Yogurt & Granola ✓GF Fresh Baked Sugar Cookie ✓</p>
	<p>25</p> <p style="text-align: center;">Memorial Day Holiday</p>	<p>26</p> <p>Baja Fish Taco with Tortilla Chips Crispy Chicken Breast Sandwich Wowbutter & Jelly Sandwich with String Cheese ✓</p>	<p>27</p> <p>Chik'n Nuggets with Oven Baked French Fries (vegan) ✓ Stuffed Cheese Quesadilla ✓ Stuffed Quesadilla with Grilled Chicken Yogurt & Granola ✓GF Mini Rice Krispie Treat GF</p>	<p>28</p> <p>Pasta with Butter Parmesan Sauce and Garlic Knot ✓ EUSD Cheese Pizza ✓ EUSD Pepperoni Pizza Oatmeal Benefit Bar & String Cheese ✓</p>	<p>29</p> <p>Brunch for Lunch (French Toast & Grass Fed Pork Sausage) Grass fed Beef Hamburger Black Bean Veggie Burger ✓ Yogurt & Granola ✓GF Fresh Baked Celebration Cookie ✓</p>

Contains Pork:

Gluten Free: **GF**

Scratch-made:

Vegetarian: ✓

Vegan: no 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:** California Grown Tangerines & Jicama
 - Tuesdays:** Locally Grown Sliced Apples
 - Wednesdays:** Honeydew Melon & Locally Grown Dassi Farms Persian Cucumbers
 - Thursdays:** California Grown Peaches & Celery
 - Fridays:** Locally Grown Sliced 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 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 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.

