



August Menu 2019



Mighty Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
19	20	21	22	23
EUSD Spaghetti with Farm Marinara & Garlic Bread ✓ Chicken-less Nuggets (Dr. Praeger's) ✓ EUSD Cheese Pizza ✓ Yogurt & Granola (GF) ✓ 100% Fruit Popsicle ✓	Crunchy Beef Taco (GF) Brunch for Lunch with French Toast Sticks Bean & Cheese Pupusa (GF) ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Teriyaki Chicken (GF) with Chow Mein Noodles Cheese Quesadilla ✓ Yogurt & Granola (GF) ✓	Turkey & Cheese Sub Sandwich Nacho Lil Bites (GF) ✓ EUSD Sausage & Pepperoni Pizza EUSD Cheese Pizza ✓ Hummus Bistro Box- Hummus, Corn Tortilla Chips, Colby Jack Stick (GF) ✓	Cheesy Mac & Cheese with Popcorn Chicken EUSD Pepperoni Pizza EUSD Cheese Pizza ✓ Zeezee Bar + Yogurt & Raisins ✓ EUSD Oatmeal Chocolate Chip Cookies ✓
26	27	28	29	30
Bean & Cheese Burrito ✓ Crispy Chicken Tenders EUSD Cheese Pizza ✓ Yogurt & Granola (GF) ✓ 100% Fruit Popsicle ✓	Shredded Chicken Taco (GF) Yogurt & Berry Parfait with Granola (GF) ✓ Crispy Chicken Breast Sandwich Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken with Brown Rice Grilled Cheese ✓ Yogurt & Granola (GF) ✓	Fiesta Nacho Tower ✓ with Beef (GF) Popcorn Chicken EUSD Hawaiian Pizza EUSD Cheese Pizza ✓ Hummus Bistro Box- Hummus, Corn Tortilla Chips, Colby Jack Stick (GF) ✓	Natural 100% Beef Hamburger (GF) or Cheeseburger EUSD Pepperoni Pizza EUSD Cheese Pizza ✓ Zeezee Bar + String Cheese & Raisins ✓ EUSD Black Bean Brownies ✓

Salad Bars: Fresh, Seasonal, California-Grown!
 Unlimited Daily Salad bars are part of every school lunch, featuring EUSD Farm Lab Grown organic Lettuce and seasonal veggies!
Mondays: California Grown White Nectarines & Cucumbers
Tuesdays: Super Sliced Apples & Jicama
Wednesdays: Locally Grown Valencia Oranges
Thursdays: California Grown Strawberries
Fridays: California Grown Plums
 Various dressings are offered daily including a (GF) option.

Breakfast: Served Daily at OK & PEC
 Breakfast served before school, 7:30-8:00 am
 Student Paid Price: \$2.00, Adult Paid Price: \$3.00
Menu:
 -Oatmeal
 -NEW: Cinnamon French Toast
 -Yogurt & Granola (GF)
 -Assorted WG Cereals
 -Bagel & Cream Cheese
 -Sweet Potato Muffin
 -Healthy Cinnamon Crumble
 -String Cheese (GF)
 -Maple Mini Pancakes
 -Buttermilk Bars
 -Egg & Cheese Wrap
 Includes a choice of milk, 100% fruit juice and fresh fruit

Welcome Back!
Harvest of the Month
"Locally Grown Valencia Oranges"
 In August, students will enjoy locally grown Valencia Oranges from Fallbrook and Valley Center, CA. Oranges are packed full of disease fighting antioxidants and Vitamin C! These sweet Oranges will be on all school salad bars every Wednesday this month!



Lunch Prices:
 Students \$4.00
 Adults \$5.00,
 Adult Salad Bar only \$4.50

Contains Pork:
 Gluten Free: (GF)
 Vegetarian: ✓
 Scratch-made fresh daily:



-Online Meal Payments, School Menus & Nutrition facts, visit our new Mobile Menu App at: www.schoolcafe.com.
 -Free and Reduced Priced meal applications are available online at www.schoolcafe.com, at the school office, or by contacting Child Nutrition Services at 760.944.4300 x 2572.
 -Lunch includes: salad bar, locally sourced milk, entrée and any side items
 -Food Allergies: Most Gluten free entrées are gluten free without the bread/bun/tortilla/etc. Corn tortillas available upon request. Items may be processed in a facility that also processes nuts and other allergens. We serve gluten free items but our kitchens are not gluten free facilities. If your child may need a special meal accommodation, please fill out the Request for Special Meals Form on or Child Nutrition Website: <http://www.eusd.net/child-nutrition-services/student-menus-nutrition-and-allergen-information/>
 -This institution is an equal opportunity provider **Menus are subject to change without notice**