

Mighty Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
3	4	5	6	7
Cheese Lasagna Roll-up ✓ Cheese Quesadilla ✓ EUSD Cheese Pizza ✓ Yogurt & Granola ✓ Natural Fruit Popsicle	Shredded Chicken Taco (GF) Bean & Cheese Pupusa (GF) ✓ Chicken & Waffles Sunbutter Jelly Sandwich + String Cheese ✓	Sweet & Sour Chicken with Brown Rice and Fortune Cookie Grilled Cheese Sandwich ✓ Yogurt & Granola ✓	Chicken Meatball Sub Sandwich with EUSD Marinara ✓ EUSD BBQ Chicken 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 + Yogurt & Raisins ✓ EUSD Oatmeal Raisin Cookies ✓
10	11	12	13	14
Spaghetti with EUSD Marinara & Garlic Bread ✓ Cheese Chili Verde Tamale ✓ EUSD Cheese Pizza ✓ Yogurt & Granola ✓ Natural Fruit Popsicle ✓	Slow Roasted Carnitas Taco (GF) Mac & Cheese ✓ Crispy Chicken Tenders Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Cheese Quesadilla ✓ Bean & Cheese Quesadilla ✓ Yogurt & Granola ✓	Organic Grass Fed Beef Bolognese ✓ EUSD Sausage & Pepperoni Pizza ✓ EUSD Cheese Pizza ✓ Hummus Bistro Box- Hummus, Corn Tortilla Chips, Colby Jack Stick (GF) ✓	Lincoln's Birthday Holiday
17	18	19	20	21
Washington's Birthday Holiday	Crunchy Beef Taco (GF) Crispy Chicken Sandwich Nacho Lil Bites (GF) ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Teriyaki Chicken with Chow Mein Noodles and Fortune Cookie Grilled Cheese Sandwich ✓ Yogurt & Granola ✓	Fiesta Nacho Tower with Carnitas (GF) Chicken Tenders ✓ EUSD Hawaiian Pizza ✓ EUSD Cheese Pizza ✓ Hummus Bistro Box- Hummus, Corn Tortilla Chips, Colby Jack Stick (GF) ✓	EUSD All Beef Hotdog (GF) on Whole grain Bun EUSD Pepperoni Pizza ✓ EUSD Cheese Pizza ✓ Zeezee Bar + Yogurt & Raisins ✓ EUSD Banana Bread ✓
24	25	26	27	28
Bean & Cheese Burrito ✓ EUSD Margarita Pizza ✓ EUSD Cheese Pizza ✓ Yogurt & Granola ✓ Natural Fruit Popsicle ✓	Cheese Chili Verde Tamale (GF) ✓ Natural 100% Beef Hamburger (GF) on Whole grain Bun Chicken Tenders Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Cheese Quesadilla ✓ Roasted Corn & Chicken Tortilla Roll-up ✓ Yogurt & Granola ✓	Roasted Turkey Pesto Ciabatta Sandwich ✓ Nacho Lil Bites EUSD BBQ Chicken Pizza ✓ EUSD Cheese Pizza ✓ Hummus Bistro Box- Hummus, Corn Tortilla Chips, Colby Jack Stick (GF) ✓	Cheesy Mac & Cheese ✓ with Popcorn Chicken Pepperoni Pizza ✓ EUSD Cheese Pizza ✓ Zeezee Bar + Yogurt & 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 Lettuce and seasonal veggies!

Mondays: Halo Mandarin Oranges & Jicama
Tuesdays: Petite Bananas & Cucumbers
Wednesdays: California Grown Gold Nugget Tangerines
Thursdays: Super Sliced Apples & Celery Sticks
Fridays: California Grown Sliced Valencia Oranges

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	-Harvest Oatmeal Chewy Bars
-Yogurt & Granola	-Assorted WG Cereal
-Bagel & Cream Cheese	-Muffin Tops
-Healthy Cinnamon Crumble	-String Cheese
-Maple Mini Pancakes	-Buttermilk Bars
-Egg & Cheese Wrap	-Cinnamon French Toast

Includes a choice of milk, 100% fruit juice and fresh fruit

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



Harvest of the Month
"Locally Grown Gold Nugget Tangerines"

In February, students will enjoy locally grown Gold Nugget Tangerines from Rockwood Ranch in Escondido, CA. These sweet oranges are packed full of Vitamin C and will be on all school salad bars every Wednesday this month!

-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**

Contains Pork:
 Gluten Free: (GF)
 Vegetarian: ✓
 Scratch-made Fresh
 Daily: