



# September 2020

## Breakfast & Lunch



### Monday

All Children  
Ages 2-18 Years  
eat for FREE

### Tuesday

### Wednesday

### Thursday

### Friday

Belgian Waffle ✓ 1

Cheese Pizza Sliders ✓

Yogurt & Granola ✓ GF 2

Fiesta Nachos  
with Carnitas

Breakfast Cheese  
Quesadilla ✓ 3

Taco Salad: Seasoned Organic  
Beef, Cheese, Corn, & Beans

Bagel + Cream  
Cheese ✓ 4

Grass fed Beef Hotdog  
Scratch-made Cookie ✓

Labor Day 7

Meal Service on Tuesday  
due to the holiday

Zeezee Bar + String  
Cheese ✓ 8

Sweet & Sour Chicken with  
Brown Rice

Sweet Potato  
Chocolate Chip Muffin ✓ 9

Mashed Potato Bowl with  
Chicken, Corn & Gravy

Cereal ✓ 10

Bistro Box (Cheese Cubes,  
Crackers, Sunflower seeds,  
Grapes)

Benefit Bar ✓ 11

All-Natural Beef Burger GF on  
Whole grain Bun  
Scratch-made Cookie ✓

Blueberry Muffin ✓ 14

Spaghetti with Chicken  
Meatballs & EUSD  
Marinara

Breakfast Cheese  
Quesadilla ✓ 15

Bean & Cheese Burrito ✓

Yogurt & Granola GF ✓ 16

Grass Fed Organic Beef  
Burrito: Rice, Cheese, Beans,  
Organic Seasoned Beef

Mini Pancakes ✓ 17

Chicken Caesar Wrap

Bagel + Cream  
Cheese ✓ 18

Bean & Cheese Burrito  
Brownie

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Tentative return to school  
start date

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Last day of Meal Service is Wednesday, Sept 16th

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### Breakfast & Lunch Meal Service

Monday, Wednesday, & Friday

11:30 am -12:30 pm

Ocean Knoll Elementary & Paul Ecke Central

- FREE for all children ages 2-18
- Parent/Guardian can pick up for children
- Meal Bundles include the following: Monday 2 lunches + 2 breakfasts, Wednesday 2 lunches + 2 breakfasts, Friday 1 lunch + 1 breakfast. Meals include a fruit, vegetable, & milk.

Contains Pork: Vegetarian: ✓

Gluten Free: GF Scratch-made Fresh Daily:

Online Meal Payments, School Menus, Meal Applications, & Nutrition information, visit: [www.schoolcafe.com](http://www.schoolcafe.com)  
This institution is an equal opportunity provider  
\*\*Menus are subject to change without notice