

Meatless Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
1	2	3	4	5
Cheese Raviolis & EUSD Marinara ✓ Scratch-Made Pineapple Pizza ✓ Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Baja Fish Tacos with Alaskan Pollock Cheese Chili Verde Tamale (GF) ✓ Crispy Chicken Tenders Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Scratch Grilled Cheese Sandwich ✓ Organic Z Bar + Yogurt & Raisins ✓	Fiesta Nachos w/ vegetarian Chili (GF) ✓ Scratch-Made BBQ Chicken Pizza Scratch-Made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓ Farm-fresh side: Caesar Salad with Farm Lettuce	All Beef Hotdog (GF) Scratch-Made Pepperoni Pizza Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ EUSD Oatmeal Chocolate Chip Cookies ✓
8	9	10	11	12
Cheesy Lasagna Roll-ups ✓ Scratch-Made Margarita Pizza ✓ Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Bean & Rice Burrito Bowl (GF) ✓ Chicken & Waffles Yogurt & Berry Parfait (GF) with Granola ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Sweet & Sour Chicken with Brown Rice Scratch-made Cheese Quesadilla ✓ Organic Z Bar + Yogurt & Raisins ✓	BBQ Organic Chicken & Mashed Potatoes (GF) Scratch-Made Hawaiian Pizza ✓ Scratch-Made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓ Farm-fresh-side: Corn on the cobb	Natural 100% Beef Hamburger (GF) or Cheeseburger Scratch-Made Pepperoni Pizza Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ EUSD Black Bean Brownies ✓
15	16	17	18	19
Bean & Cheese Burrito ✓ Scratch-Made Pineapple Pizza ✓ Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Slow Roasted Carnitas Taco (GF) Bean & Cheese Pupusa (GF) ✓ Crispy Chicken Sandwich Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Scratch Grilled Cheese Sandwich ✓ Organic Z Bar + Yogurt & Raisins ✓	Roasted Chicken & Sweet Potatoes Wedges (GF) Scratch-Made BBQ Chicken Pizza Scratch-Made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓ Farm-fresh-side: Farm Lab Sweet Potatoes	Spooky Mac & Cheese ✓ Scratch-Made Pepperoni Pizza Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Pumpkin Cookies ✓ Orange-themed Salad bar!



Fall Break
October 22nd - November 2nd, 2018



Salad Bars: Fresh, Seasonal, California-Grown!
 unlimited daily salad bars are part of every school lunch, featuring Organic Hydroponic Lettuce and seasonal veggies!
Mondays: Farm Lab Organic Watermelon & Banana
Tuesdays: Super Sliced Apples
Wednesdays: California Grown Grapes & Cucumbers
Thursdays: California Grown Asian Pears & Jicama Sticks
Fridays: San Diego Grown Sliced 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
 -Yogurt & Granola
 -Bagel & Cream Cheese
 -Healthy Cinnamon Crumble
 -Maple Mini Pancakes
 -Egg & Cheese Wrap
 -Harvest Oatmeal Chewy Bars
 -Assorted WG Cereal
 -Muffin Tops
 -String Cheese
 -Buttermilk Bars
 Includes a choice of milk, 100% fruit juice and fresh fruit

Harvest of the Month
"California Grown Grapes"
 In October, students will enjoy CA grown Grapes from Fresno, CA. Grapes are packed full of fiber, potassium and a powerful disease-fighting antioxidant called resveratrol! Students can enjoy these grapes 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: ✓

-Online Meal Payments, School Menus & Nutrition facts, visit our new Mobile Menu App at: www.schoolcafe.com.
 -Free and Reduced Price 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. 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. This institution is an equal opportunity provider.
 Menus are subject to change without notice