



Meatless Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
5	6	7	8	9
Bean, Cheese & Rice Burrito ✓ Scratch-Made Margarita Pizza ✓ Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Organic Grass Fed Beef (GF) Soft Taco Cheese Chili Verde Tamale (GF) ✓ Chicken & Waffles Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Scratch Grilled Cheese Sandwich ✓ Scratch Grilled Turkey & Cheese Sandwich Organic Z Bar + Yogurt & Raisins ✓	Turkey & Basil Pesto Ciabatta Sandwich Scratch-Made BBQ Chicken Pizza Scratch-Made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Brunch for Lunch 🐔 Scratch-Made Pepperoni Pizza 🐔 Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ EUSD Chocolate Chip Cookies ✓
12	13	14	15	16
Veteran's Day Holiday	Bean & Rice (GF) Burrito Bowl ✓ Chicken Chili Verde Tamale (GF) Crispy Chicken Sandwich Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Scratch-Made Cheese Quesadilla ✓ Organic Z Bar + Yogurt & Raisins ✓	Teriyaki Chicken Meatballs & Brown Rice (GF) Scratch-Made Hawaiian Pizza 🐔 Scratch-Made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	All Beef Hotdog (GF) Scratch-Made Pepperoni Pizza 🐔 Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ EUSD Black Bean Brownies ✓
19	20	21	22	23
Cheesy Breadstick & Marinara ✓ Scratch-Made Pineapple Pizza ✓ Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Roasted Turkey with Mashed Potatoes, Gravy & Cranberry sauce (GF) Crispy Chicken Tenders Bean & Cheese Pupusa (GF) ✓ Sunbutter Jelly Sandwich + String Cheese ✓ Fresh Baked Whole grain Pumpkin Scones ✓	 Thanksgiving Break 		
26	27	28	29	30
Scratch-made Cheesy Mac & Cheese ✓ Scratch-Made Margarita Pizza ✓ Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Slow Roasted Carnitas (GF) Taco 🐔 Chicken & Waffles Yogurt & Berry Parfait (GF) with Granola ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Turkey & Cheese Tortilla Roll-up Organic Z Bar + Yogurt & Raisins ✓	Mighty Chicken Meatball Marinara (GF) Sub Sandwich Scratch-Made BBQ Chicken Pizza Scratch-Made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Natural 100% Beef Hamburger (GF) or Cheeseburger Scratch-Made Pepperoni Pizza 🐔 Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ EUSD Oatmeal Chocolate Chip Cookies ✓

**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:** Farm Lab Organic Watermelon & Jicama Sticks  
**Tuesdays:** Super Sliced Apples  
**Wednesdays:** Local Fallbrook Persimmons & Cucumbers  
**Thursdays:** California Grown Asian Pears & 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  
 -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**  
**"Local Fallbrook Persimmons"**  
 In November, students will enjoy San Diego grown Persimmons from Fallbrook. Persimmons are sweet with a touch of fall spice flavor and are packed full of vitamin C! Our local Persimmons 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: ✓

-Online Meal Payments, School Menus & Nutrition facts, visit our new Mobile Menu App at: [www.schoolcafe.com](http://www.schoolcafe.com).  
 -Free and Reduced Price meal applications are available online at [www.schoolcafe.com](http://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\*\*