

Meatless Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
3	4	5	6	7
Cheese Raviolis & EUSD Marinara ✓ Scratch-Made Pineapple Pizza ✓ Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Baja Fish Tacos with Alaskan Pollock Bean & Cheese Pupusa (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/ Carnitas (GF) 🐷 Scratch-Made BBQ Chicken Pizza Scratch-Made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Mighty Chicken Meatball Marinara Pasta or Meatballs & Marinara (GF) Scratch-Made Pepperoni Pizza 🐷 Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ EUSD Chocolate Chip Cookies ✓
10	11	12	13	14
Cheesy Lasagna Roll-ups ✓ Scratch-Made Margarita Pizza ✓ Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Chipotle Chicken Burrito Bowl Chicken & Waffles Cheesy Breadstick with Marinara Dipping Sauce ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Sweet & Sour Chicken with Brown Rice Scratch-made Cheese Quesadilla ✓ Organic Z Bar + Yogurt & Raisins ✓	Pasta Bolognese with Grass fed Organic Beef Scratch-Made Hawaiian 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 Black Bean Brownies ✓
17	18	19	20	21
Bean & Cheese Burrito ✓ Scratch-Made Pineapple Pizza ✓ Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Crunchy Grass Fed Organic Beef Tacos (GF) Crispy Chicken Sandwich Yogurt & Berry Parfait (GF) with Granola ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Scratch Grilled Cheese Sandwich ✓ Scratch Grilled Turkey & Cheese Sandwich Organic Z Bar + Yogurt & Raisins ✓	Chicken Fajita Taco with Fiesta Rice & Fresh Pico de Gallo Scratch-Made BBQ Chicken Pizza Scratch-Made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓ Holiday Treat	Start of Winter Break

Winter Break

December 21-31, 2018 January 1-4, 2019

Salad Bars: Fresh, Seasonal, California-Grown!

unlimited Daily Salad bars are part of every school lunch, featuring Organic Hydroponic Lettuce and seasonal veggies!

Mondays: Local Persimmons & Jicama Sticks

Tuesdays: Super Sliced Apples

Wednesdays: California Grown Halo Cuties & Cucumbers

Thursdays: California Grown Asian Pears & Celery 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

"Halo Mandarin Oranges"

In December, students will enjoy CA grown Halo Mandarin Oranges from Bakersfield CA. Halos are packed full of vitamins A, C, Potassium & Fiber! Students can enjoy these Halo Cuties 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