

Meatless Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
7	8	9	10	11
Cheesy Breadstick & Marinara ✓ Scratch-made Margarita Pizza ✓ Scratch-made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Slow Roasted Carnitas Taco (GF) ✓ Bean & Cheese Pupusa (GF) ✓ Crispy Chicken Tenders Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Scratch-made Cheese Quesadilla ✓ Organic Z Bar + Yogurt & Raisins ✓	BBQ Chicken & Mashed Potatoes (GF) ✓ Scratch-Made Hawaiian Pizza (GF) ✓ Scratch-made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	All Beef Hotdog with veggie Chili (GF) ✓ Scratch-made Pepperoni Pizza (GF) ✓ Scratch-made Cheese Pizza ✓ Zeezee Bar, String Cheese & Applesauce ✓ EUSD Black Bean Brownies ✓
14	15	16	17	18
Cheesy Mac & Cheese ✓ Scratch-made Pineapple Pizza ✓ Scratch-made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Chicken & Bean Tostada Bowls Veggie Burger ✓ Crispy Chicken Breast Sandwich Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Scratch Grilled Cheese Sandwich ✓ Organic Z Bar + Yogurt & Raisins ✓	Turkey & Cheese Deli Sub Sandwich Scratch-made BBQ Chicken Pizza Scratch-made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Brunch for Lunch with French Toast Sticks & Pork Sausage (GF) ✓ Scratch-Made Pepperoni Pizza (GF) ✓ Scratch-Made Cheese Pizza ✓ Zeezee Bar, String Cheese & Applesauce ✓ EUSD Oatmeal Raisin Cookies
21	22	23	24	25
Martin Luther King Jr. Day Holiday	Bean & Rice (GF) Burrito Bowl ✓ Chicken & Waffles Bean & Cheese Pupusa (GF) ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Scratch-made Chicken Tortilla Roll Organic Z Bar + Yogurt & Raisins ✓	EUSD "California" Burrito with Grass fed Beef Scratch-made Hawaiian Pizza (GF) ✓ Scratch-made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Natural 100% Beef Hamburger (GF) or Cheeseburger Scratch-Made Pepperoni Pizza (GF) ✓ Scratch-Made Cheese Pizza ✓ Zeezee Bar, String Cheese & Applesauce ✓ EUSD Black Bean Brownies ✓
28	29	30	31	
Bean, Cheese & Rice Burrito ✓ Scratch-made Margarita Pizza ✓ Scratch-Made Cheese Pizza ✓ Yogurt (GF) & Granola ✓ Natural Fruit Popsicle ✓	Baja Fish Tacos with Alaskan Pollock Crispy Chicken Tenders Orange Dream Smoothie (GF) & Zeezee Bar ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Scratch Grilled Cheese Sandwich ✓ Scratch Grilled Turkey & Cheese Sandwich Organic Z Bar + Yogurt & Raisins ✓	Mary's Chicken Fajita Roll-up Scratch-made BBQ Chicken Pizza Scratch-made Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	

Harvest of the Month
 "Regionally Grown Organic Rainbow Baby Carrots"
 In January, students will enjoy regionally grown Rainbow Carrots from Bakersfield, CA. Carrots are packed full of beta carotene, fiber, vitamin K and Potassium and will be on all school salad bars every Wednesday this month!

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: Red Grapes & Jicama
Tuesdays: Super Sliced Apples
Wednesdays: Regionally Grown Organic Rainbow Carrots & Sliced Oranges
Thursdays: Cantaloupe & Sliced Cucumbers
Fridays: Regionally Grown Halo Tangerines
 Various dressings are offered daily including a option.




Eat a Rainbow Week: Jan 22-25
Tuesday is Blue/Purple Day
 Shredded Beets and Purple Grapes
Wednesday is Green Day
 Honeydew Melon and Avocados
Thursday is Yellow/Orange Day
 Pineapple Chunks and Regionally Grown Multicolored Organic Baby Carrots
Friday is Red/Pink Day
 Regionally Grown Strawberries and Red Radishes

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
 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



• 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.schoolmealapp.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 bun/tortilla/etc.
 • 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

 Contains Pork
 Gluten Free
 Vegetarian