

Meatless Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
				1 All Beef Hotdog (BF) on Whole Grain Bun Scratch-Made Pepperoni Pizza (HF) Scratch-Made Cheese Pizza (V) Zeezee Bar, String Cheese & Applesauce (V) EUSD Oatmeal Chocolate Chip Cookies (V)
♥	♥	♥		
4	5	6	7	8
Mini Cheese Ravioli & Marinara (V) Scratch-Made Pineapple Pizza (V) Scratch-Made Cheese Pizza (V) Yogurt (BF) & Granola (V) Natural Fruit Popsicle (V)	Crunchy Grass Fed Organic Beef Tacos (BF) Crispy Chicken Breast Sandwich Cheese Chili Verde Tamale (BF) (V) Sunbutter Jelly Sandwich + String Cheese (V)	Orange Chicken & Brown Rice Scratch-Made Cheese Quesadilla (V) Organic Z Bar + Yogurt & Raisins (V)	Mighty Chicken Meatball Sub or Chicken Meatballs & Marinara (BF) Scratch-Made Hawaiian Pizza (HF) Scratch-Made Cheese Pizza (V) Sunbutter Jelly Sandwich + String Cheese (V)	Southern Style Chicken & EUSD Farm Lab Sweet Potato Wedges Scratch-Made Pepperoni Pizza (HF) Scratch-Made Cheese Pizza (V) Zeezee Bar, String Cheese & Applesauce (V) EUSD Oatmeal Raisin Cookies (V)
11	12	13	Valentine's Day 14	15
Cheesy Lasagna Rollup & Marinara (V) Scratch-Made Margarita Pizza (V) Scratch-Made Cheese Pizza (V) Yogurt (BF) & Granola (V) Natural Fruit Popsicle (V)	Chipotle Chicken Burrito Bowl Bean & Cheese Pupusa (BF) (V) Crispy Chicken Tenders Sunbutter Jelly Sandwich + String Cheese (V)	Orange Chicken & Brown Rice Scratch Grilled Cheese Sandwich (V) Organic Z Bar + Yogurt & Raisins (V)	Fiesta Nacho Tower with Carnitas (BF) Scratch-Made BBQ Chicken Pizza Scratch-Made Cheese Pizza (V) Sunbutter Jelly Sandwich + String Cheese (V) Valentine's Treat (V) <i>Special Valentine's Day Pizza Giveaway</i>	Lincoln's Birthday Holiday
18	19	20	21	22
Washington's Birthday Holiday	Baja Fish Tacos with Alaskan Pollock Chicken & Waffles Bean & Cheese Pupusa (BF) (V) Sunbutter Jelly Sandwich + String Cheese (V)	Orange Chicken & Brown Rice Scratch-Made Cheese Quesadilla (V) Organic Z Bar + Yogurt & Raisins (V)	Free-range Chicken Fajita Tortilla Roll-up Scratch-Made Hawaiian Pizza (HF) Scratch-Made Cheese Pizza (V) Sunbutter Jelly Sandwich + String Cheese (V)	Natural 100% Beef Hamburger (BF) or Cheeseburger Scratch-Made Pepperoni Pizza (HF) Scratch-Made Cheese Pizza (V) Zeezee Bar, String Cheese & Applesauce (V) EUSD Black Bean Brownies (V)
25	26	27	28	
EUSD Spaghetti with Farm Marinara & Garlic Bread (V) Scratch-Made Pineapple Pizza (V) Scratch-Made Cheese Pizza (V) Yogurt (BF) & Granola (V) Natural Fruit Popsicle (V)	Shredded Chicken Taco (BF) Chicken Chili Verde Tamale (BF) Yogurt & Berry Parfait (BF) with Granola (V) Sunbutter Jelly Sandwich + String Cheese (V)	Orange Chicken & Brown Rice Scratch Grilled Cheese Sandwich (V) Scratch Grilled Turkey & Cheese Sandwich Organic Z Bar + Yogurt & Raisins (V)	Cheesy Mac & Cheese with Popcorn Chicken Scratch-Made Mighty Meat Pizza (HF) Scratch-Made Cheese Pizza (V) Sunbutter Jelly Sandwich + String Cheese (V)	

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: Petite Bananas & Celery
Tuesdays: Super Sliced Apples
Wednesdays: Locally Grown Gold Nugget Tangerines & Cucumbers
Thursdays: Regionally Grown Kivis
Fridays: Sliced Oranges
Various dressings are offered daily including a (BF) 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
Includes a choice of milk, 100% fruit juice and fresh fruit
-Harvest Oatmeal Chewy Bars
-Assorted WG Cereal
-Muffin Tops
-String Cheese
-Buttermilk Bars

Lunch Prices:
Students \$4.00
Adults \$5.00
Adult Salad Bar \$4.50

Contains Pork: (HF)

Gluten Free: (BF)

Vegetarian: (V)



Harvest of the Month
"Locally Grown Gold Nugget Tangerines"
In February, students will enjoy locally grown Gold Nugget Tangerines from Escondido, CA. These sweet oranges are packed full of vitamin C and will be on all school salad bars every Wednesday this month!

-Online Meal Payments, School Menus & Nutrition facts, visit our new Mobile Menu App at: www.schoolcafe.com. Free and Reduced-price meal applications are also 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 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**