

Meatless Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
		1	2	3
		Orange Chicken & Brown Rice Grilled Chicken Tortilla Roll-up Zeezee Bar, String Cheese & Applesauce ✓	EUSD Grass fed Organic Beef Burrito EUSD Cheese Pizza ✓ EUSD BBQ Chicken Pizza Sunbutter Jelly Sandwich + String Cheese ✓	Chicken & Waffles EUSD Pepperoni Pizza EUSD Cheese Pizza ✓ Organic Z Bar + Yogurt & Raisins ✓ EUSD Black Bean Brownies ✓
6	7	8	9	10
Cheesy Breadstick & Marinara ✓ EUSD Pineapple Pizza ✓ EUSD Cheese Pizza ✓ Yogurt & Granola ✓ Natural Fruit Popsicle ✓	Slow Roasted Carnitas Taco Cheese Chile Verde Tamale ✓ Crispy Chicken Tenders Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Grilled Cheese Sandwich ✓ Grilled Turkey & Cheese Sandwich Zeezee Bar, String Cheese & Applesauce ✓	Turkey & Cheese Deli Sandwich EUSD Sausage Pizza EUSD Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese	Cheesy Mac & Cheese with Popcorn Chicken EUSD Pepperoni Pizza EUSD Cheese Pizza ✓ Organic Z Bar + Yogurt & Raisins ✓ EUSD Chocolate Chip Cookies ✓
13	14	15	16	17
Bowtie Pasta with Farm Marinara & Garlic Bread ✓ Veggie Burger ✓ EUSD Cheese Pizza ✓ Yogurt & Granola ✓ Natural Fruit Popsicle ✓	Chicken & Bean Tostada Chicken & Waffles Bean & Cheese Pupusa ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Cheese Quesadilla ✓ Zeezee Bar, String Cheese & Applesauce ✓	Shredded Chicken Taco EUSD Hawaiian Pizza EUSD Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Brunch for Lunch EUSD Pepperoni Pizza EUSD Cheese Pizza ✓ Organic Z Bar + Yogurt & Raisins ✓ EUSD Oatmeal Raisin Cookies ✓
20	21	22	23	24
Bean, Cheese & Rice Burrito ✓ EUSD Pineapple Pizza ✓ EUSD Cheese Pizza ✓ Yogurt & Granola ✓ Natural Fruit Popsicle ✓	Bean & Rice Burrito Bowl ✓ Crispy Chicken Breast Sandwich Yogurt & Berry Parfait with Granola ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Grilled Cheese Sandwich ✓ Grilled Turkey & Cheese Sandwich ✓ Zeezee Bar, String Cheese & Applesauce ✓	Grass Fed Organic Beef Bolognese Pasta EUSD BBQ Chicken Pizza EUSD Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Natural 100% Beef Hamburger or Cheeseburger EUSD Pepperoni Pizza EUSD Cheese Pizza ✓ Organic Z Bar + Yogurt & Raisins ✓ EUSD Oatmeal Chocolate Chip Cookies ✓
27	28	29	30	31
Memorial Day Holiday!	Crunchy Beef Taco Chicken Chile Verde Tamale Chicken & Waffles Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Grilled Chicken Tortilla Roll-up Zeezee Bar, String Cheese & Applesauce ✓	Mighty Chicken Meatball Sub or Chicken Meatballs & Marinara EUSD Mighty Meat Pizza EUSD Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	EUSD Spaghetti with Farm Marinara, Parmesan & Garlic Bread EUSD Pepperoni Pizza EUSD Cheese Pizza ✓ Organic Z Bar + Yogurt & Raisins ✓ EUSD Black Bean Brownies ✓

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: D'Anjou Pears & Jicama
Tuesdays: San Diego local Pee Wee Avocados
Wednesdays: California Grown Strawberries & Cucumbers
Thursdays: Regionally Grown Sliced Valencia Oranges
Fridays: Super Sliced Apples
 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
 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:
 Gluten Free:
 Vegetarian:
 Scratch-made:

Harvest of the Month
"California Grown Strawberries"
 In May, students will enjoy California grown Strawberries. Strawberries are packed full of fiber, Vitamin C and folate and will be on all school salad bars every Wednesday this month!

-Online Meal Payments, School Menus & Nutrition/Allergen information, visit our 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.
 -All Lunches includes: unlimited salad bar, locally sourced milk, choice of entrée and any side items. Gluten free entrées are typically gluten free without the bun/tortilla/etc.
 We serve gluten free items but our kitchens are not gluten free facilities. Items may be processed in facilities that also process nuts and other allergens.
 -This institution is an equal opportunity provider *Menus are subject to change without notice*