

Meatless Monday	Taco Tuesday	Wacky Wednesday	California Thursday	Friday Favorites
3	4	5	6	7
Cheesy Macaroni & Cheese ✓ EUSD Pineapple Pizza ✓ EUSD Cheese Pizza ✓ Yogurt & Granola ✓ Natural Fruit Popsicle ✓	Baja Fish Tacos with Alaskan Pollock Orange Dream Smoothie (GF) + Zeezee Bar ✓ Crispy Chicken Breast Sandwich Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Grilled Cheese Sandwich ✓ Grilled Turkey & Cheese Sandwich Zeezee Bar, String Cheese & Applesauce ✓	Turkey & Cheese Sub Sandwich EUSD Hawaiian Pizza EUSD Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese	All Beef Hotdog (GF) EUSD Pepperoni Pizza EUSD Cheese Pizza ✓ Organic Z Bar + Yogurt & Raisins ✓ EUSD Chocolate Chip Cookies ✓
10	11	12	13	14
Cheese Lasagna Roll-up ✓ Veggie Burger ✓ EUSD Cheese Pizza ✓ Yogurt & Granola ✓ Natural Fruit Popsicle ✓	Slow Roasted Carnitas Taco (GF) Cheese Chile Verde Tamale (GF) ✓ Crispy Chicken Tenders Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Cheese Quesadilla ✓ Zeezee Bar, String Cheese & Applesauce ✓	Mighty Chicken Meatball Sub or Chicken Meatballs & Marinara (GF) 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 Black Bean Brownies ✓
17	18	19	20	21
EUSD Spaghetti with Farm Marinara & Garlic Bread ✓ EUSD Pineapple Pizza ✓ EUSD Cheese Pizza ✓ Yogurt & Granola ✓ Natural Fruit Popsicle ✓	Crunchy Beef Taco (GF) Chicken & Waffles Bean & Cheese Pupusa (GF) ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Orange Chicken & Brown Rice Grilled Cheese Sandwich ✓ Grilled Turkey & Cheese Sandwich Zeezee Bar, String Cheese & Applesauce ✓	Fiesta Nacho Tower with Carnitas (GF) EUSD BBQ Chicken Pizza EUSD Cheese Pizza ✓ Sunbutter Jelly Sandwich + String Cheese ✓	Natural 100% Beef Hamburger (GF) or Cheeseburger EUSD Pepperoni Pizza EUSD Cheese Pizza ✓ Organic Z Bar + Yogurt & Raisins ✓ 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 Lettuce and seasonal veggies!

Mondays: Petite Bananas & Jicama
Tuesdays: Super Sliced Apples
Wednesdays: Locally Grown Watermelon & Sliced Cucumbers
Thursdays: Regionally Grown Sliced Valencia Oranges
Fridays: California Grown White Nectarines

Various dressings are offered daily including a option.

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



Take 3 of the 5 food groups:
 1 Fruit
 2 Veggies
 3 Grains
 4 Meats
 5 Food Groups
 5 Milk

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

Contains Pork:  **Gluten Free:** (GF)
 Vegetarian: ✓ **Scratch-made:** 

Harvest of the Month
"Locally Grown Watermelon"

In June, students will enjoy locally grown Watermelon from the Imperial Valley. Watermelon is a good source of Vitamin C and also contains potassium and beta carotene. Students will find these local melons 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*



Enjoy Your Summer!