

September Menu 2022



Monday	Tuesday	Wednesday	Thursday	Friday
Meals are <u>FREE</u> for EUSD students Adults: \$5.00	Kias Glu Veg	ntains Pork: 💭 Iten Free: 🖲 getarian: V atch-made Fresh Daily: 🗑	Spaghetti with EUSD Marinara V & Chicken Meatballs EUSD Cheese Pizza V Benefit Bar & String Cheese V	Grass Fed Beef Hotdog Veggie Burger Macaroni & Cheese Yogurt & Granola Chocolate Brownie Chocolate Cheese Ch
5	6	7	8	9
Labor Day Holiday	All Beef Hamburger Shredded Chicken Taco Sunbutter Sandwich & String Cheese V	Cheese Quesadilla W V Orange Chicken & Brown Rice Yogurt & Granola V 📴	Chicken & Waffles EUSD Cheese Pizza V Benefit Bar & String Cheese V Side: Farm Lab organic Sweet Corn V	Brunch for Lunch A Mozzarella Breadsticks & Marinara V Yogurt & Granola V Chocolate Chip Cookie V
I2	13	14	15	16
Pasta with Butter Parmesan Sauce W V EUSD Cheese Pizza W V Yogurt & Granola V OF	Crispy Chicken Sandwich Veggie Burger V Bean & Cheese Pupusa V Sunbutter Sandwich & String Cheese V	Grilled Cheese Sandwich WV Teriyaki Chicken & Veggie Chow Mein Noodles Yogurt & Granola V&	Fiesta Nacho Tower V with Grass Fed Organic Beef (1966) EUSD Cheese Pizza V (1967) Benefit Bar & String Cheese V	All Beef Hamburger Veggie Burger V Macaroni & Cheese V W Yogurt & Granola V (B) All Fruit Popsicle (B) V
19	20	21	22	23
Bean & Cheese Burrito V 🖫 EUSD Cheese Pizza 🖼 V Yogurt & Granola V 📴	Chicken Tenders Grass Fed Beef Hot Dog Sunbutter Sandwich & String Cheese ♥	Cheese Quesadilla V Orange Chicken & Brown Rice Yogurt & Granola V 🕒	BBQ Chicken & Mashed Potatoes (F) (Similar Support of S	Brunch for Lunch American Mozzarella Breadsticks & Marinara V Yogurt & Granola V Chocolate Brownie V
26	27	28	29	30
EUSD Spaghetti & Marinara V M EUSD Cheese Pizza W V Yogurt & Granola V All Fruit Popsicle V G	Crispy Chicken Sandwich Crunchy Grass Fed Organic Beef Taco (1976) Sunbutter Sandwich & String Cheese (1977)	Grilled Cheese Sandwich 歯v Orange Chicken & Chicken Egg Roll Yogurt & Granola v 値	Turkey & Cheese Sub Sandwich EUSD Cheese Pizza V Benefit Bar & String Cheese V	Grass Fed Beef Hotdog Veggie Burger V Macaroni & Cheese V W Yogurt & Granola V E Chocolate Chip Cookie V

-Online Meal Payments, School Menus & Nutrition facts, visit our new Mobile Menu App at: www.schoolcafe.com.

- -Lunch includes: I entrée, locally sourced milk, assorted fruits/veggies and any side items -Food Allergies:
 - Most <u>Gluten free</u> entrées are gluten free without the bread/bun/tortilla/etc. Corn tortillas available upon request. 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
 - If your child may need a special meal accommodation, please fill out the Request for Special Meals Form on or Child Nutrition Website and return to your school nurse: http://www.eusd.net/child-nutrition-services/student- menus-nutrition-and-allergen-information/

**Menus are subject to change without notice

This institution is an equal opportunity provider

Breakfast Menu

Breakfast is served at every school daily (Service time varies based on site; check with your school office for meal times) Breakfast includes a choice of Entrée, Fruit, Milk and String cheese

Monday: Cereal of the Week

Sweet Potato Chocolate Chip Muffin

Tuesday: Banana Bread

Benefit Bar & Yogurt

Wednesday: Maple Belgian Waffle

Cereal of the Week Thursday: Mini Pancakes

Bagel & Cream Cheese

Friday: Mini Strawberry & Cream Cheese Bagel

Cereal of the Week

Daily Salad Bar:

Fresh, Seasonal, California-Grown!

Unlimited Daily Salad bars are part of every school lunch, featuring EUSD Farm Lab Grown organic lettuce and seasonal veggies!

Mondays: California Grown Nectarines

Tuesdays: Super Sliced Apples & Sliced Radishes

Wednesdays: Petite Bananas & Sliced Farm Lab Cucumbers

Thursdays: Cantaloupe & Jicama

Fridays: Locally Grown Valencia Orange Slices

Various dressings are offered daily including a option.