

October Menu 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Pasta with Butter Parmesan Sauce W EUSD Cheese Pizza W EUSD Pineapple Pizza W Y Yogurt & Granola V G	All Beef Hamburger Baja Fish Taco with Alaskan Pollock with Tortilla Chips Sunbutter Sandwich & String Cheese√	Cheese Quesadilla ♥V Macaroni & Cheese V♥ Yogurt & Granola V®	Yogurt & Berry Parfait with Granola (IF) Mini Chicken Hotdogs EUSD Cheese Pizza (IF) EUSD Pepperoni Pizza (IF) Benefit Bar & String Cheese (V	Brunch for Lunch Mozzarella Breadsticks & Marinara V Yogurt & Granola V (III) Whole Fruit Popsicle (III)
IO	п	I2	13	14
Macaroni & Cheese W Vwith Chicken Bites EUSD Cheese Pizza V EUSD Margarita Pizza V Yogurt & Granola V G	Crispy Chicken Sandwich Veggie Burger V Chicken Chile Verde Tamale with Tortilla Chips (F) Sunbutter Sandwich & String Cheese V	Grilled Cheese Sandwich W V Orange Chicken & Brown Rice Yogurt & Granola V G	Spaghetti Bolognese with Grass fed Organic Beef M EUSD Cheese Pizza M EUSD BBQ Chicken Pizza M Benefit Bar & String Cheese V	Grass Fed Beef Hotdog Veggie Burger ♥ Macaroni & Cheese ♥ Yogurt & Granola ♥ Chocolate Brownie ♥
17	18	19	20	21
Jumbo Cheese Raviolis with EUSD Marinara EUSD Cheese Pizza V EUSD Pineapple Pizza V Yogurt & Granola	Chicken Tenders All Beef Hamburger Sunbutter Sandwich & String Cheese ♥	Cheese Quesadilla ♥V Orange Chicken & Chicken Egg Roll Yogurt & Granola V®	Mashed Potato Bowl with Chicken Bites & Gravy EUSD Cheese Pizza EUSD Pepperoni Pizza Benefit Bar & String Cheese V	Chicken & Waffles Mozzarella Breadsticks & Marinara V Yogurt & Granola V
24	25	26	27	28

Fall Break

31

EUSD Spaghetti & Marinara VIII
EUSD Cheese Pizza VIV
EUSD Margarita Pizza VIV
Yogurt & Granola VIV
Whole Fruit Orange Popsicle VIII

Contains Pork: ☐
Gluten Free: ⑥
Vegetarian: ∀
Scratch-made Fresh Daily: ⑥

-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 <u>nuts</u> and other allergens.
- 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 daily at every school (Service times vary based on school site, check with your school office for mealtimes)

Breakfast includes a choice of Entrée, Fruit, Milk and String cheese

Monday: Sweet Potato Chocolate Chip Muffin

Cereal of the Week Tuesday: Maple Belgian Waffle

Bagel & Cream Cheese

Wednesday: Mini Strawberry & Cream Cheese Bagel

Cereal of the Week

<u>Thursday</u>: Mini Pancakes Banana Bread

Friday: Buttermilk Twin Bars 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 Apple Pears
Tuesdays: Super Sliced Apples & Jicama
Wednesdays: California Grown Grapes
Thursdays: California Grown Pluots & Organic
Farm Lab Cucumbers
Fridays: California Grown Valencia Orange
Slices
Various dressings are offered daily including a

Fronting

Meals are <u>FREE</u> for EUSD students Adults: \$5.00