

# NFL Lunch Menu

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

## 2021

**All lunches  
Are served with  
Choice of  
Milk  
• Non Fat  
• 1%  
8 oz. M**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bean & Cheese Burrito\$^+@ 2oz M, 2oz G Veggies1/2 cup V Fresh Fruit 1/2 cup F	2 <b>SCHOOL HOLIDAY</b>
5 <b>SCHOOL HOLIDAY</b>	6 <b>UPSIDE DOWN DAY!</b> Waffle Breakfast Bowl ^+ 2M, 2 G Veggies 1/2cup V Applesauce 1/2 cup F	7 Chicken Nuggets \$^+@ 2oz. M, 1oz G Veggies 1/2 cup V Tater Tot 1/2cup V Fresh Fruit 1/2 cup F	8 <b>PICNIC IN A BOX!</b> ^+\$\$%@ Turkey Sandwich 2 oz. P, 2 oz. G Applesauce 1 oz. F Veggies 1/2 cup V	9 <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Veggies 1/2 cup Fresh Fruit 1/2 cup
12 Popcorn Chicken 2M Veggies 1/2 cup V Tater Tot 1/2cup V Fresh Fruit 1/2 cup	13 Chicken Patty 1.5M 1 G Veggies 1/2cup V Seasonal Fresh Fruit	14 Double Dogs Side Salad Seasonal Fresh Fruit	15 Hamburger ^+\$ 2oz M, 2oz G Veggies 1/2 cup V Apple Slices 1/2 cup F	16 <b>PIZZA FRIDAY!</b> Fr Bread Cheese Pizza \$+^@ 2G2M Veggies 1/2 cup V Seasonal Fresh Fruit 1/2 cup F
19 Taco Nada ^+\$\$@ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	20 <b>UPSIDE DOWN DAY!</b> Waffle Breakfast Bowl ^+ 2M, 2 G Veggies 1/2cup V Applesauce 1/2 cup F	21 Chicken Nuggets \$^+@ 2oz. M, 1oz G Veggies 1/2 cup V Tater Tot 1/2cup V Fresh Fruit 1/2 cup F	22 <b>PICNIC IN A BOX!</b> ^+\$\$%@ Turkey Sandwich 2 oz. P, 2 oz. G Applesauce 1 oz. F Veggies 1/2 cup V	23 <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Veggies 1/2 cup Fresh Fruit 1/2 cup
26 Popcorn Chicken 2M Veggies 1/2 cup V Tater Tot 1/2cup V Fresh Fruit 1/2 cup F	27 Chicken Patty 1.5M 1 G Veggies 1/2 cup V Seasonal Fresh Fruit	28 Double Dogs Side Salad Seasonal Fresh Fruit	29 Bean & Cheese Burrito\$^+@ 2oz M, 2oz G Veggies1/2 cup V Fresh Fruit 1/2 cup F	30 <b>PIZZA FRIDAY!</b> Fr Bread Cheese Pizza \$+^@ 2G2M Veggies 1/2 cup V Fresh Fruit 1/2 cup F

Peanuts!!	
Pork*	Beef#
Whey+	Soy\$
Corn>	Wheat+
Milk@	Gluten^
Eggs%	Fish

**ALL GRAINS ARE WHOLE  
GRAIN RICH**