

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

Child Care

*Lunch Menu*

2020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Taco Nada ^+@\$ 2G2M Side Salad 1/2 cup V Peach Cup 1/2 cup F	<b>4</b> Orange Chicken \$^+ 2ozM Brown Rice 1 oz G Fresh Fruit 1/2 cup F Green Beans 1G1/2 cup V	<b>5</b> Nachos with Meat 2 oz M 2 oz G Corn 1/2 cup V Fresh Fruit 1/2 cup	<b>6</b> Hamburger ^+ \$ 12 oz M 2 oz G Grape Tomatoes 1/2 cup V Frozen Fruit Bar 1/2 cup F	<b>7</b> <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
<b>10</b> Popcorn Chicken 2M Green Beans 1/2 cup V Tater Tots 1/2cup V Strawberry Cup 1/2 cup F	<b>11</b> <b>UPSIDE DOWN DAY!</b> Pancake Breakfast Bowl ^+ 2M, 2 G Carrots 1/2cup V Fresh Fruit 1/2 cup F	<b>12</b> Grilled Cheese Sandwich \$^+@ 2 oz M, 2 oz G Side Salad 1/2 cup V Seasonal Fresh Fruit 1/2 cup F	<b>13</b> Chicken Nuggets \$+^@ 2M, 1G Green Beans 1/2cup V Apple Slices 1/2cup F String Cheese @ 1M	<b>14</b> <b>PIZZA FRIDAY!</b> Fr Bread Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
<b>17</b> Cheeseburger Sliders 2 oz M 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	<b>18</b> Chicken Patty 2 oz M 1 oz G Corn 1/2 cup V Applesauce 1/2 cup F	<b>19</b> Chicken Nuggets \$+^@ 2ozM 1oz G Side Salad 1/2cup V Applesauce 1/2cup F	<b>20</b> Mini Ravioli 2 oz M, 2 oz G Green Beans 1/2cup V Apple Slices 1/2 cup F	<b>21</b> <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
<b>24</b> Grilled Cheese Sandwich \$+^@ 2 oz M, 2 oz G Corn 1/2 cup V Peach Cup 1/2 cup F	<b>25</b> <b>UPSIDE DOWN DAY!</b> Waffle Breakfast Bowl ^+ 2M, 2 G Applesauce 1/2cup F	<b>26</b> Double Dogs 2 M, 2. G Carrots 1/2 cup V Fresh Fruit .5 Cup F	<b>27</b> Turkey Sandwich 2M, 2 G Pineapple Tidbits 1/2oz. F Celery Sticks 1/2 cup V String Cheese @ 1M	<b>28</b> <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Grape Tomatoes 1/2 cup V Fresh Fruit .5 Cup F
<b>31</b> Popcorn Chicken 2M 1G Tater Tots 1/2 cup V Side Salad 1/2 cup V Applesauce 1/2 cup F				

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

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

**ALL GRAINS ARE WHOLE  
GRAIN RICH**

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