

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

NFL Lunch Menu



2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Chicken Nuggets \$^+@ 1.5ozM Tater Tots 1/2cup V Fruit 1/2cup F Roll 1G	4 Cheese Enchiladas \$^+@ 1.5ozM Side Salad 1 cup V Corn 1 cup V Plums 1/2 cup F	5 Orange Chicken w/Rice^+\$ 1.5 oz. P Roll 1 oz. G Pineapple 1/2 cup	6 PIZZA FRIDAY! Cheese Pizza \$^+@ Carrots 1/2 cup Fresh Fruit 1/2 cup
9 Taco Nada ^+@\$@ 2G2M Apple Slices 1/2 cup Jicama 1/2 cup	10 UPSIDE DOWN DAY! Pancake Breakfast Bowl ^+ 1M, 2 G Carrots 1/2cup V Strawberries 1/2 cup F	11 Berry Parfait \$^+@ 1M1F Turkey on a Roll ^+ 2G2M Side Salad 1 cup V	12 PICNIC IN A BOX! Turkey Sandwich 1.5 oz. P, 2 oz. G Chips 1 oz. G Fruit & Veggies 1/2 cup	13 PIZZA FRIDAY! Fr Bread Cheese Pizza \$^+@ 2G 2M Carrots 1/2 cup Fresh Fruit 1/2 cup
16 Popcorn Chicken 2M Side salad 1/2 cup Diced Peaches 1/2 cup	17 Turkey Hot Dog^+ 1.5 oz. P, 1 oz. G Tater Tots 1/2cup V Fruit Cocktail 1/2cup F	18 Chicken Patty 1.5M 1 G Tater Tots 1/2 cup V Fresh Fruit .5 Cup F	19 Cheese Enchiladas \$^+@ 1.5ozM Grape Tomatoes 1/2 cup V Side Salad 1/2 cup V	20 PIZZA FRIDAY! Cheese Pizza \$^+@ Carrots 1/2 cup Fresh Fruit 1/2 cup
23 Hamburger^+ 1.5 oz. P, 1oz G Green Beans 1/2 cup V Tater Tots 1/2 cup V Strawberries 1/2 cup F	24 UPSIDE DOWN DAY! Pancake Breakfast Bowl ^+ 1M, 2 G Carrots 1/2cup V Strawberries 1/2 cup F	25 Taco Nada ^+@\$@ 2G2M Side Salad 1/2 cup V	26 Chicken Nuggets \$^+@ 2oz. M, 1oz G Side Salad 1/2 cup V Apple Slices 1/2 cupF	27 PIZZA FRIDAY! Fr Bread Cheese Pizza \$^+@ 2G 2M Carrots 1/2 cup Fresh Fruit 1/2 cup
30 NO SCHOOL				

**All lunches
Are served with
Milk**

- Non Fat**
- 1%**
- 8 oz. M**

Peanuts!!

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

**ALL GRAINS ARE WHOLE
GRAIN RICH**