

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

*NFL Lunch Menu*



2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Mini Chicken Corn Dog \$^+ 1.5ozM Tater Tots 1/2cup V Grape Tomatoes 1/2cup V Fresh Fruit 1F	<b>2</b> Hamburger^+\$ 2 oz. M, 2 oz G Side Salad 1/2 cup V Strawberry Cup 1/2 cup F	<b>3</b> Orange Chicken ^+\$ 2M Brown Rice 1 oz G Green Beans 1/2 cup V Fresh Fruit 1/2 cup F	<b>4</b> <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Celery Sticks 1/2 cup V Fresh Fruit 1/2 cup F
<b>7</b> <b>NO SCHOOL</b>	<b>8</b> <b>UPSIDE DOWN DAY!</b> Pancake Breakfast Bowl ^+ 2M, 2 G Green Beans 1/2cup V Fresh Fruit 1/2 cup F	<b>9</b> Cheese Enchiladas \$+^@ 1.5ozM Corn 1/2 cup V Fresh Fruit 1 cup F	<b>10</b> Chicken Nuggets \$+^@ 2oz. M, 1oz G Grape Tomatoes 1/2 cup V Tater Tots 1/2cup V Peach Cup 1/2 cup F	<b>11</b> <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup Fresh Fruit 1/2 cup
<b>14</b> Popcorn Chicken 2M Green Beans 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup F	<b>15</b> Chicken Patty 2 oz M 1 oz G Carrots 1/2cup V Seasonal Fresh Fruit 1/2cup F	<b>16</b> Double Dogs 2 oz M 1, 2 oz G Side Salad 1/2 cup V Fresh Fruit 1/2 Cup F	<b>17</b> Mini Ravioli %^~@ 2 oz M, 2 oz G Green Beans 1/2 cup V Apple Slices 1/2 cup F	<b>18</b> <b>PIZZA FRIDAY!</b> Fr Bread Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup Fresh Fruit 1/2 cup
<b>21</b> Lasagna Roll Ups %^~@ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	<b>22</b> <b>UPSIDE DOWN DAY!</b> Waffle Breakfast Bowl ^+ 2M, 2 G Corn 1/2cup V Applesauce 1/2 cup F	<b>23</b> Chicken Nuggets \$+^@ 2oz. M, 1oz G Carrots 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup F	<b>24</b> <b>PICNIC IN A BOX!</b> ^+\$\$% Turkey Sandwich 2 oz. P, 2 oz. G Applesauce 1 oz. F Celery Sticks 1/2 cup V String Cheese @ 1 oz M	<b>25</b> <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Grape Tomatoes 1/2 cup Fresh Fruit 1/2 cup
<b>28</b> <b>NO SCHOOL</b>	<b>29</b> Turkey Hot Dog^+ 2 oz M 1, 2 oz G Grape Tomatoes 1/2 cup V Fresh Fruit 1/2 Cup F	<b>30</b> Hamburger^+\$ 2 oz. M, 2 oz G Tater Tots 1/2 cup V Peas 1/2 cup V Seasonal Fresh Fruit 1/2 cup F		

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

**ALL GRAINS ARE WHOLE  
GRAIN RICH**

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