

# JANUARY

## NFL Lunch Menu

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

### 2020

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

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <b>4</b><br>Popcorn Chicken 2M<br>Veggies 1/2 cup V<br>Tater Tot 1/2cup V<br>Fresh Fruit 1/2 cup F   | <b>5</b><br>Chicken Patty 1.5M 1 G<br>Veggies 1/2 cup V<br>Seasonal Fresh Fruit                                      | <b>6</b><br>Double Dogs<br>Side Salad<br>Seasonal Fresh Fruit   | <b>7</b><br>Mini Ravioli %^~@ 2 oz M, 2 oz G<br>Veggies 1/2 cup V<br>Fresh Fruit 1/2 cup F                                  | <b>8</b><br><b>PIZZA FRIDAY!</b><br>Fr Brd Cheese Pizza \$+^@ 2G2M<br>Veggies 1/2 cup V<br>Fresh Fruit 1/2 cup F           |
| <b>11</b><br>Lasagna Roll Ups %^~@<br>2 oz. M, 2 oz G<br>Side Salad 1/2 cup V<br>Peach Cup 1/2 cup F | <b>12</b><br><b>UPSIDE DOWN DAY!</b><br>Waffle Breakfast Bowl ^+ 2M, 2 G<br>Veggies 1/2cup V<br>Applesauce 1/2 cup F | <b>13</b><br>Chicken Nuggets \$+^@<br>2oz. M, 1oz G<br>Veggies 1/2 cup V<br>Tater Tot 1/2cup V<br>Fresh Fruit 1/2 cup F | <b>14</b><br><b>PICNIC IN A BOX!</b> ^+ \$%@<br>Turkey Sandwich 2 oz. P, 2 oz. G<br>Applesauce 1 oz. F<br>Veggies 1/2 cup V | <b>15</b><br><b>PIZZA FRIDAY!</b><br>Cheese Pizza \$+^@ 2G 2M<br>Veggies 1/2 cup<br>Fresh Fruit 1/2 cup                    |
| <b>18</b><br>Popcorn Chicken 2M<br>Veggies 1/2 cup V<br>Tater Tot 1/2cup V<br>Fresh Fruit 1/2 cup F  | <b>19</b><br>Chicken Patty 1.5M 1 G<br>Veggies 1/2cup V<br>Seasonal Fresh Fruit                                      | <b>20</b><br>Double Dogs<br>Side Salad<br>Seasonal Fresh Fruit  | <b>21</b><br>Mini Ravioli %^~@ 2 oz M, 2 oz G<br>Veggies 1/2 cup V<br>Apple Slices 1/2 cup F                                | <b>22</b><br><b>PIZZA FRIDAY!</b><br>Fr Brd Cheese Pizza \$+^@ 2G2M<br>Veggies 1/2 cup V<br>Seasonal Fresh Fruit 1/2 cup F |
| <b>25</b><br>Lasagna Roll Ups %^~@<br>2 oz. M, 2 oz G<br>Side Salad 1/2 cup V<br>Peach Cup 1/2 cup F | <b>26</b><br><b>UPSIDE DOWN DAY!</b><br>Waffle Breakfast Bowl ^+ 2M, 2 G<br>Veggies 1/2cup V<br>Applesauce 1/2 cup F | <b>27</b><br>Chicken Nuggets \$+^@<br>2oz. M, 1oz G<br>Veggies 1/2 cup V<br>Tater Tot 1/2cup V<br>Fresh Fruit 1/2 cup F | <b>28</b><br><b>PICNIC IN A BOX!</b> ^+ \$%@<br>Turkey Sandwich 2 oz. P, 2 oz. G<br>Applesauce 1 oz. F<br>Veggies 1/2 cup V | <b>29</b><br><b>PIZZA FRIDAY!</b><br>Cheese Pizza \$+^@ 2G 2M<br>Veggies 1/2 cup<br>Fresh Fruit 1/2 cup                    |

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

**ALL GRAINS ARE WHOLE  
GRAIN RICH**