



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

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

**ALL GRAINS ARE WHOLE
GRAIN RICH**

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