



CONEJO VALLEY UNIFIED SCHOOL DISTRICT

Child Care

Lunch Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 PIZZA FRIDAY! Cheese Pizza \$+^@ 1G 1.5M Vegetable 1/4 cup V Fresh Fruit .5 Cup F
4 SCHOOL HOLIDAY	5 UPSIDE DOWN DAY! Waffle Breakfast Bowl %^+ 2M, 1G Applesauce 1/2 cup F Vegetable 1/4 cup V	6 Grilled Cheese Sandwich ^+@ 2 oz M, 1.5 oz G Side Salad 1/2 cup V Seasonal Fresh Fruit 1/2 cup F	7 Chicken Nuggets \$+^@ 1.5M, .5G Tater Tots 1/2 cup V Seasonal Fresh Fruit 1/2 cup F	8 PIZZA FRIDAY! Cheese Pizza \$+^@ 1G 1.5M Vegetable 1/2 cup V Fresh Fruit .5 Cup F
11 Lasagna ^+%^@ 2.5M, 1G Seasonal Fresh Fruit 1/2 cup F Vegetable 1/2 cup V	12 Turkey Hot Dog ^+ 2 oz M 1.75 oz G Tater Tots 1/2 cup V Fruit 1/2 cup F	13 Popcorn Chicken +^% 1.5M .5 G Veggie 1/2cup V Fresh Fruit 1/2cup F	14 Bean & Cheese Burrito ^+^\$@ 2M, 2 G Seasonal Fresh Fruit 1/2 cup F Vegetable 1/2 cup V	15 PIZZA FRIDAY! Cheese Pizza \$+^@ 1G 1.5M Vegetable 1/2 cup V Fresh Fruit .5 Cup F
18 TacoNada ^+@ 2 oz M, 2 oz G Side Salad 1/2 cup V Frozen Fruit Bar 1/2 cup F	19 UPSIDE DOWN DAY! Pancake Breakfast Bowl \$%^+ 2M, 1G Vegetable 1/4 cup V Applesauce 1/2 cup F	20 Cheese enchiladas ^+^\$@ 1.5M, 1.5G Side Salad 1/2 cup V Fresh Fruit .5 Cup F	21 Chicken Nuggets \$+^@ 1.5M, .5G Seasonal Fresh Fruit 1/2 cup F Vegetable 1/2 cup V	22 PIZZA FRIDAY! Cheese Pizza \$+^@ 1G 1.5M Vegetable 1/2 cup V Fresh Fruit .5 Cup F
25 Popcorn Chicken +^% 1.5M .5G Tater Tots 1/2 cup V Fresh Fruit 1/2 cup F	26 Chicken Patty %\$^+ 2 oz M 3oz G Vegetable 1/4 cup V Fruit 1/2 cup F	27 Double Dogs ^+^\$ 2ozM 2oz G Vegetable 1/4 cup V Fresh Fruit 1/2 cup	28 Ravioli w/Marinara ^+%^@ 2M, 1.5G Seasonal Fresh Fruit 1/2 cup F Vegetable 1/2 cup V	29 PIZZA FRIDAY! Cheese Pizza \$+^@ 1G 1.5M Vegetable 1/2 cup V Fresh Fruit .5 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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