



CONEJO VALLEY UNIFIED SCHOOL DISTRICT

Child Care

Lunch Menu

2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Hot Dog ^+ 1.5 M, 2. G Apple Slices 1/2 cup F Jicama 1/2 cup V	2 Chicken Patty on WW bun%&^+ 1.50 M, 2 G Carrots 1/2 cup V Peach Cup 1/2 cup F	3 Hamburger 2M, 2G Side Salad 1/2 cup V Pear .5 Cup F	4 Chicken Nuggets \$^+@ 1.5ozM Tater Tots .5 Cup V Grape Tomatoes 1/2 cup V	5 PIZZA FRIDAY! Fr Bread Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
8 Popcorn Chicken 2M Breadstick 1G Side Salad 1/2 cup V Peach Cup 1/2 cup F	9 UPSIDE DOWN DAY! Waffle Breakfast Bowl ^+ 1M, 2 G String Cheese@ 1M Celery Sticks 1/2 cup V Applesauce 1/2 cup F	10 Double Dogs 2 M, 2. G Carrots 1/2 cup V Fresh Fruit .5 Cup F	11 PICNIC IN A BOX! Turkey Sandwich 2M, 2 G Chips 1 oz. G Fruit & Veggies 1/2 cup f and V	12 PIZZA FRIDAY! Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
15 Orange Chicken 2G 2M Jicama 1/2 cup V Apple Slices 1/2 cup F	16 Grilled Cheese Sandwich 1.5 M, 2 G Tater Tots 1/2 cup V Apple Slices 1/2 cup F	17 Crispy Burrito \$+^@ 2 M, 2 G Side Salad 1 cup V Pear 1/2 cup F	18 Chicken Fritter \$+^@ 1.5ozM Jicama 1/2 cup V Apple Slices 1/2 cup F	19 PIZZA FRIDAY! Fr Bread Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
22 Cheeseburger Sliders 1.5M 1 G Yogurt 1M Carrots 1/2 cup V	23 UPSIDE DOWN DAY! Pancake Breakfast Bowl ^+ 1M, 2 G Carrots 1/2 cup V Strawberries 1/2 cup F	24 Chicken Patty 1.5M 1 G Corn 1/2 cup V Plums 1/2 cup F	25 Chicken Nuggets \$+^@ 1.5ozM Tater Tots .5 Cup V Dinner Roll 1G Fresh Fruit .5 Cup F	26 PIZZA FRIDAY! Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
29 Turkey Hot Dog ^+ 1.5 M, 2. G Apple Slices 1/2 cup F Jicama 1/2 cup V	30 Hamburger 2M, 2G Carrots 1/2 cup V Peaches 1/2 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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