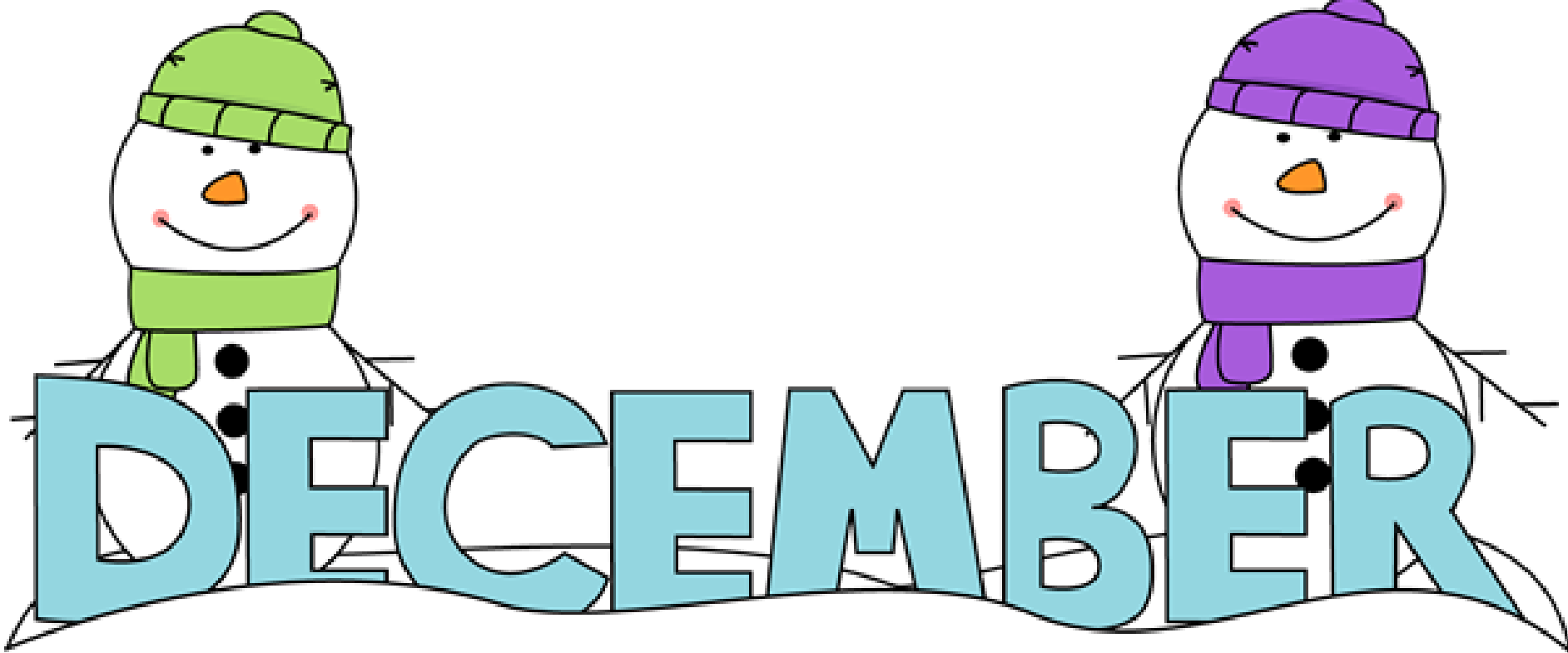


CONEJO VALLEY UNIFIED
SCHOOL DISTRICT

Child Care

Lunch Menu



2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey Hot Dog ^+ 1.5 M, 2. G Apple Slices 1/2 cup F Jicama 1/2 cup V	4 Chicken Patty on WW bun%&^+ 1.50 M, 2 G Carrots 1/2 cup V Peach Cup 1/2 cup F	5 Crispy Burrito \$^+@ 2 M, 2 G Side Salad 1 cup V Pear 1/2 cup F	6 PICNIC IN A BOX! Turkey Sandwich 2M, 2 G Chips 1 oz. G Fruit & Veggies 1/2 cup f and V	7 PIZZA FRIDAY! Bagel Pizza \$+^@ 1 G,2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
10 Popcorn Chicken 2M Breadstick 1G Side Salad 1 cup V Peach Cup 1/2 cup F	11 UPSIDE DOWN DAY! Waffle Breakfast Bowl ^+ 1M, 2 G String Cheese@ 1M Celery Sticks 1/2 cup V Applesauce 1/2 cup F	12 Double Dogs 2 M, 2. G Carrots 1/2 cup V Fresh Fruit .5 Cup F	13 Grilled Cheese Sandwich 1.5 M,2 G Tater Tots 1/2 cup V Apple Slices 1/2 cup F	14 PIZZA FRIDAY! Cheese Pizza \$+^@ 2G 2M Side Salad 1/2 cup V Fruit Frozen Bar 1/2 cup F
17 Cheeseburger Sliders 1.5M 1 G Carrots 1 cup V Pineapple Tidbits 1/2 cup F	18 Chicken Nuggets \$^+@ 1.5ozM Tater Tots .5 Cup V Roll 1ozG Fresh Fruit .5 Cup F	19 Crispy Burrito \$^+@ 2 M, 2 G Side Salad 1 cup V Pear 1/2 cup F	20 Cheese Sandwich 2G2M Jicama 1/2 cup V Apple Slices 1/2 cup F	21 PIZZA FRIDAY! Bagel Pizza \$+^@ 1 G,2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
24	25	26 Hamburger 2M, 2G Carrot Sticks 1/2 cup V Applesauce .5 Cup F	27 Chicken Nuggets \$^+@ 1.5ozM Tater Tots .5 Cup V Roll 1ozG Fresh Fruit .5 Cup F	28 PIZZA FRIDAY! Cheese Pizza \$+^@ 1 ozG, 1.5ozM Side Salad 1 cup V Pear 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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