

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
		1 Hamburger 2M, 2G Side Salad 1/2 cup V Pear .5 Cup F	2 Chicken Nuggets \$^+@ 1.5ozM Tater Tots .5 Cup V Roll 1G String Cheese @ 1M Grape Tomatoes 1/2 cup V	3 PIZZA FRIDAY! Fr Bread Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
6 Cheeseburger Sliders 1.5M 1 G Side Salad 1/2 cup V Peach Cup 1/2 cup F	7 UPSIDE DOWN DAY! Waffle Breakfast Bowl ^+ 1M, 2 G String Cheese@ 1M Celery Sticks 1/2 cup V Applesauce 1/2 cup F	8 Double Dogs 2 M, 2. G Carrots 1/2 cup V Fresh Fruit .5 Cup F	9 PICNIC IN A BOX! Turkey Sandwich 2M, 2 G Chips 1 oz. G Fruit & Veggies 1/2 cup f and V	10 PIZZA FRIDAY! Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
13 Popcorn Chicken 2M Breadstick 1G Jicama 1/2 cup V Apple Slices 1/2 cup F	14 Grilled Cheese Sandwich 1.5 M, 2 G Tater Tots 1/2 cup V Apple Slices 1/2 cup F	15 Chicken Nuggets \$^+@ 1.5ozM Side Salad 1 cup V Pear 1/2 cup F Roll 1G	16 Cheese Enchiladas \$^+@ 1.5ozM Jicama 1/2 cup V Apple Slices 1/2 cup F	17 PIZZA FRIDAY! Fr Bread Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
20 Double Dogs 2 M, 2. G Carrots 1/2 cup V Applesauce 1/2 cup F	21 UPSIDE DOWN DAY! Pancake Breakfast Bowl ^+ 1M, 2 G Carrots 1/2 cup V Strawberries 1/2 cup F	22 Chicken Fritter \$^+@ 1.5ozM Corn 1/2 cup V Plums 1/2 cup F Roll 1G	23 Chicken Nuggets \$^+@ 1.5ozM Tater Tots .5 Cup V Dinner Roll 1G Fresh Fruit .5 Cup F	24 PIZZA FRIDAY! Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
27 NO SCHOOL	28 Chicken Patty 1.5M 1 G Carrots 1/2 cup V Peaches 1/2 cup F	29 Hamburger 2M, 2G Side Salad 1/2 cup V Apple Slices .5 Cup F	30 Grilled Cheese Sandwich 1.5 M, 2 G Grape Tomatoes 1/2 cup V Side Salad 1/2 cup V	31 PIZZA FRIDAY! Fr Bread Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup V Fresh Fruit .5 Cup F

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

**ALL GRAINS ARE WHOLE
GRAIN RICH**

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