



# NFL Lunch Menu

## 2020

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Orange Chicken <sup>+</sup> +\$ 2M Brown Rice 1 oz G Green Beans 1/2 cup V Fresh Fruit 1/2 cup F	2 <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Celery Sticks 1/2 cup V Fresh Fruit 1/2 cup F
5 Lasagna Roll Ups %^~@ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	6 Pancake Breakfast Bowl <sup>+</sup> 1M, 2 G Green Beans Seasonal Fresh Fruit	7 Cheese Enchiladas <sup>+</sup> +\$@ 1.5ozM Corn 1/2 cup V Fresh Fruit .5 Cup F	8 Chicken Nuggets \$+^@ 2oz. M, 1oz G Grape Tomatoes Tater Tots Seasonal Fresh Fruit	9 <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G2M Carrots 1/2 cup V Seasonal Fresh Fruit 1/2 cup F
12 Popcorn Chicken 2M Green Beans 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup F	13 Chicken Patty 1.5M 1 G Carrots Seasonal Fresh Fruit	14 Double Dogs 2 oz M 1, 2 oz G Side Salad 1/2 cup V Fresh Fruit 1/2 Cup F	15 Mini Ravioli %^~@ 2 oz M, 2 oz G Green Beans 1/2 cup V Apple Slices 1/2 cup F	16 <b>PIZZA FRIDAY!</b> Fr Bread Cheese Pizza \$+^@ 2G 2M Carrots 1/2 cup Fresh Fruit 1/2 cup
19 Lasagna Roll Ups %^~@ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	20 <b>UPSIDE DOWN DAY!</b> Waffle Breakfast Bowl <sup>+</sup> 2M, 2 G Corn 1/2cup V Applesauce 1/2 cup F	21 Chicken Nuggets \$+^@ 2oz. M, 1oz G Carrots 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup F	22 <b>PICNIC IN A BOX!</b> <sup>+</sup> +\$%@ Turkey Sandwich 2 oz. P, 2 oz. G Applesauce 1 oz. F Celery Sticks 1/2 cup V	23 <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Grape Tomatoes 1/2 cup Fresh Fruit 1/2 cup
26 Popcorn Chicken 2M Green Beans 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup F	27 Turkey Hot Dog <sup>+</sup> 2 oz M 1, 2 oz G Grape Tomatoes 1/2 cup V Fresh Fruit 1/2 Cup F	28 Hamburger <sup>+</sup> +\$ 2 oz. M, 2 oz G Tater Tots 1/2 cup V Peas 1/2 cup V Seasonal Fresh Fruit 1/2 cup F	29 Orange Chicken <sup>+</sup> +\$ 2M Brown Rice 1 oz G Green Beans 1/2 cup V Fresh Fruit 1/2 cup F	30 <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Celery Sticks 1/2 cup V Fresh Fruit 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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