



Menus for  
**Silver Strand**  
October 10-  
November 17

*This institution is an equal opportunity provider.*

**Coronado Unified School District**

**FARM TO SCHOOL**

We feel it's important for your student to make a connection with what's on their tray and where their food comes from. That is why we partner with *Food 4 Thought* to bring the freshest seasonal produce to your school's cafeteria. Through their 'Farm to School' program they are able to partner with small, family-owned California farms that share a commitment to student health and nutrition. Picked on Monday and "straight to the plate" on Thursday and Friday...ENJOY THE HARVEST!

**Apply online today for free & reduced-price meals at**

<https://secure.ezmealapp.com/>



**Payments and meal balances online**

Please have "Student ID Number" when signing up the first time.

**For questions, call 619-522-8907 x2085**

Monday	Tuesday	Wednesday	Thursday	Friday
Brunch 4 Lunch (Cinnamon Toast & Sausage)	Papa John's Pepperoni Pizza	100% Beef Hamburger	<b>FARM FRESH DAYS</b>	
Teriyaki Beef Dunkers & Rice	Papa John's Cheese Pizza	Chicken Taquitos	Breaded Chicken Sandwich	Crunchy Beef Taco
Cheese Tamale	Turkey & Cheese Sandwich	Mac 'n Cheese with Corn Muffin	Chicken Caesar Salad & Roll	100% Beef Hot Dog
		 <p><b>\$.25 cash only</b></p>	Pizza Crunchers	Sun Butter & Banana Roll-Up

**A selection of fruits & vegetables will be offered daily:**

**Oranges, Bananas, Apples, Raisins, Pears, Tangerines, Watermelon, Plums, Grapes, Applesauce, Peaches, Dried Cranberries, 100% juice, Corn, Mixed Greens, Caesar Salad, Carrots, Beans, Jicama, Cauliflower, Broccoli, Tomatoes, and Cucumbers**



Three food groups must be taken, one must be at least a 1/2 cup serving of fruit and/or vegetable.

**All lunch items are made with 51% or more WHOLE GRAIN**



**Students may choose:**  
1% white milk  
or  
Nonfat flavored milk



**Special Menu Days**



**Halloween Menu  
w/ Creepy Crawly Cookies  
Tuesday, October 31st**

**Thanksgiving Feast  
w/ Turkey Treats  
Friday, November 17th**



**Kona Ice**

**After School**

**Friday, 10/13 & 11/9**



**Meal Prices**

Paid \$3.25  
Reduced \$0.40  
Free \$0.00  
Milk/Juice \$0.50  
Non-Student \$4.50

