

**Silver Strand Menu**

**August 24 through October 6**

**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
100% White Meat Chicken Chunks	Papa John's Pepperoni Pizza	Crispy Chicken Taco	<b>FARM FRESH DAYS</b>	
BBQ Rib Sandwich	Papa John's Cheese Pizza	100% Beef Hamburger	Brunch 4 Lunch (Pancakes & Sausage)	Orange Chicken & Rice
Bean & Cheese Burrito	Turkey & Cheese Sandwich	Yogurt & Graham Crackers	Mini Corn Dogs	Islander Lunchable
		<b>\$.25 cash only</b> 	Cheese Quesadilla	Sun Butter & Jelly Sandwich

**Available Daily**

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

**Oranges, Bananas, Apples, Raisins, Pears, Tangerines, Peaches, Nectarines, Plums, Applesauce, 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**

**Cookie Day**  
Monday, August 28

**Kona Ice**  
(After school in the parking lot)  
Friday, September 8

**Meal Prices**

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