

Back to school



ECDC Menu
August 22-
October 4

This institution is an equal opportunity provider.

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 this school year, we partnered 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

Coronado Unified School District

Monday	Tuesday	Wednesday	Thursday	Friday
100% Ground Turkey Taco Salad	Papa John's Pepperoni or Cheese Pizza	Vanilla Yogurt (& Graham Crackers)	Double Dogs	Popcorn Chicken
Cheese Quesadilla		Chicken Drumstick & Biscuit	FARM FRESH DAYS	
			Brunch 4 Lunch	Islander Lunchable

DATES AVAILABLE

August 22-23
September 3-6
September 16-20
Sept 30 - Oct 4



August 26-30
September 9-13
September 23-27

A selection of fruits and vegetables will be offered daily:

Bananas, Apples, Oranges, Dried Cranberries, Peaches, Pears, Nectarines, Applesauce, Carrots, Corn, Cucumbers, Cayuliflower, Mixed Greens, Jicama, Broccoli, and Beans

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



Let's Celebrate the New School Year!

**Cookie Day
Monday, 8/26**

(with lunch meal purchase)

Kona Ice

(After school, across from the pool)

Friday, 8/30 and 9/27



Meal Prices

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

