

Menus for
ECDC (TK/K)
October 7-
November 22

Subject to change. This institution is an equal opportunity provider.

Coronado Unified School District

Monday	Tuesday	Wednesday	Thursday	Friday
100% White Meat Crispy Chicken Sandwich	Papa John's Pepperoni Pizza	Brunch 4 Lunch (Waffles & Sausage)	Orange Chicken (with Brown Rice)	Crunchy Taco
Corn Dog (Nitrate/Nitrite Free)		100% Beef Hamburger	FARM FRESH DAYS	
			Chicken Taquitos	Macaroni & Cheese

A selection of fruits and vegetables will be offered daily:

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

FARM TO SCHOOL

We feels 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

DATES AVAILABLE

← October 7-11
October 21-25
November 4-8
November 18-22



← October 15-18
October 28-November 1
November 12-15

Five food groups will be offered daily. Including at least a 1/4 cup vegetable and fruit.

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



Students will receive: **1% white milk with their lunch meal**



Special Menu Days



Halloween Menu w/ Creepy Crawly Cookies Thursday, October 31st

Thanksgiving Feast w/ Turkey Treats Thursday, November 21st



Meal Prices

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

