

Menu for ECDC & Crown

November 26-January 25
Coronado Unified School District

USDA is an equal opportunity provider and employer.
Menus subject to change.

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

Monday	Tuesday	Wednesday	Thursday	Friday
Nitrate Free Corn Dog	Papa John's Pepperoni or Cheese Pizza	Crunchy Taco	Brunch 4 Lunch	Chicken Strips & Fries
Jumbo Ravioli with Garlic Toast		Islander Bento Box (Egg, Cheese, & Crackers)	FARM FRESH DAYS	
			100% Beef Corn Dog	Spaghetti with Meat Sauce

DATES AVAILABLE

November 26-30
December 10-14
January 7-11
January 22-25



December 3-7
December 17-20
January 14-17

A selection of fruits and vegetables will be offered daily:

Bananas, Apples, Oranges, Craisins, Plums, Pluots, Pears, Watermelon, Applesauce, Carrots, Corn, Cucumbers, 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



Special Menu Day



Whole Grain
**Double Chocolate
Mint Cookie**

Thursday, December 20th
Free with Lunch Meal Purchase

Meal Prices

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

