

Coronado Unified School District

Menus Subject to Change

# MENUS FOR PRESCHOOL LUNCH

DECEMBER 2ND - FEBRUARY 7TH

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
100% Beef Spaghetti	Papa John's Cheese Pizza	100% Beef Hamburger	Chicken & Waffles	100% Beef Meatball Sub
100% White Meat Chicken Chunks		Bean & Cheese Burrito	<b>FARM FRESH DAYS</b>	
			Pizza Cheese Crunchers	Brunch 4 Lunch

## A selection of fruits and vegetables will be offered daily:

Bananas, Apples, Oranges, Dried Cranberries, Peaches, Applesauce, Carrots, Corn, Cucumbers, Cauliflower, Jicama, and Broccoli

## 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

## DATES AVAILABLE

- ← December 2 - 6
- December 16 - 19
- January 13 - 17
- January 27 - 31
- ← December 9 - 13
- January 6 - 10
- January 21 - 24
- February 3 - 7



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**

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



## Special Menu Day

Thursday, December 19th  
Winter Cookies

(Whole Grain)

\*Free with lunch meal



## Meal Prices

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



(State preschools have different prices, please contact Preschool Director)