

Back to school



Preschool 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 Cheese Pizza	Vanilla Yogurt (& Graham Crackers)	Cheese Raviolis	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

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



Let's Celebrate the New School Year!



Cookie Day
Monday, August 26th
(with lunch meal purchase)

Meal Prices

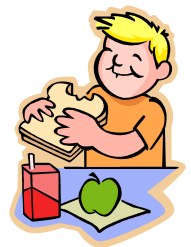
Paid \$3.25

Reduced \$0.40

Free \$0.00

Milk \$0.50

Non-Student \$4.50



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