



**Coronado Unified School District**

**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 we partner 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
Orange Chicken with Brown Rice	Papa John's Pepperoni Pizza	100% White Meat Crispy Chicken Sandwich	<b>FARM FRESH DAYS</b>	
100% Beef Hamburger	Papa John's Cheese Pizza	Taco Salad	100% White Meat Chicken & Waffles	100% Beef & Cheese Mini Taco Pockets
Go BIG Yogurt & Graham Crackers	Ham & Cheese Croissant Sandwich	Mozzarella Stuffed Breadsticks	100% Beef Hot Dog	100% White Meat Grilled Chicken Sandwich (with Cheese & Bacon)
			Bean & Cheese Burrito	Macaroni & Cheese

**A selection of fruits & vegetables will be offered daily:**

**Oranges, Bananas, Apples, Raisins, Pears, Tangerines, Watermelon, Plums, Grapes, Applesauce, Peaches, Dried Cranberries, 100% juice, Corn, Mixed Greens, Asian Sesame Salad, Carrots, Beans, Jicama, Cauliflower, Broccoli, Tomatoes, and Cucumbers**



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

**Ice Cream Social!!**  **Friday, 11/30 & 12/14**  
**\$1.50 cash only**


**Special Menu Days**



**Halloween Menu  
w/ Creepy Crawly Cookies  
Wednesday, October 31st**

**Thanksgiving Feast  
w/ Turkey Treats  
Friday, November 16th**



**Kona Ice After School**   
**Friday, 10/19 & 11/9**

**Meal Prices**

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

