

Menu for Silver Strand

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 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
Jumbo Ravioli with Garlic Toast	Papa John's Pepperoni Pizza	General Tso's Chicken With Brown Rice	FARM FRESH DAYS	
Nitrate Free Corn Dog	Papa John's Cheese Pizza	Crunchy Taco	Brunch 4 Lunch (Mini Pancakes & Sausage)	100% White Meat Chicken Strips & Fries
Toasted Ham & Cheese Sandwich	Deli Turkey & Cheese Sandwich	Islander Bento Box (Egg, Cheese, & Crackers)	100% Beef Hamburger	Spaghetti with Meat Sauce
			Bean & Cheese Burrito	Yogurt & Graham Crackers

Salad Bar

A variety of fruits & vegetables will be offered daily:

Oranges, Bananas, Apples, Raisins, Pears, Peaches, Persimmons, Applesauce, Strawberry Cups, Grapes, Mandarins, Kiwis, Corn, 100% juice, Mixed Greens, Bean Salad, Carrots, Jicama, Cauliflower, Tomatoes, Cucumbers, Broccoli, Peas

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 & 1/25
\$1.50 cash only

Special Menu Day



Whole Grain
**Double Chocolate
Mint Cookie**

Thursday, December 20th
Free with Lunch Meal Purchase

Kona Ice

After School

Friday, 12/14 & 1/11



Meal Prices

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

