

Menus for  
**Silver Strand**  
October 7-  
November 22



Subject to change. This institution is an equal opportunity provider.

**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 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
100% White Meat Crispy Chicken Sandwich	Papa John's Pepperoni Pizza	Brunch 4 Lunch (Waffles & Sausage)	<b>FARM FRESH DAYS</b>	
Corn Dog (Nitrate/Nitrite Free)	Papa John's Cheese Pizza	100% Beef Hamburger	Orange Chicken (with Brown Rice)	Crunchy Taco
Mozzarella Stuffed Breadsticks	Italian Trio Sub Sandwich	Cheese Tamale	Chicken Taquitos (Rolled Tacos)	Islander Bento Box (Egg, Cheese, and Crackers)
			Go <b>BIG</b> Yogurt & Crackers	Macaroni & Cheese

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

- Oranges, Bananas, Apples, Pears, Tangerines, Watermelon, Plums, Pluots, Nectarines, Kiwis, Applesauce, Peaches, Dried Cranberries, 100% juice, Corn, Mixed Greens, Asian Sesame Salad, Carrots, Beans, Jicama, Cauliflower, Broccoli,
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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, 10/25 & 11/22**

**\$1.50 cash only** \*during lunch

**Special Menu Days**

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

**Thanksgiving Feast w/ Turkey Treats Thursday, November 21st**

**Kona Ice After School Friday, 10/11 & 11/8**

**Meal Prices**

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