

# Back to school



Silver Strand Menu  
August 22-  
October 4

*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% Ground Turkey Taco Salad                  | Papa John's Pepperoni Pizza | Baja Fish Taco                   | <b>FARM FRESH DAYS</b>                   |  |
| Grilled Chicken Sandwich (with cheese & bacon) | Papa John's Cheese Pizza    | Chicken Drumstick & Biscuit      | Double Dogs                              | Popcorn Chicken                                |
| Cheese Quesadilla                              | Turkey & Cheese Croissant   | Vanilla Yogurt & Graham Crackers | Brunch 4 Lunch (Mini Pancakes & Sausage) | Islander Lunchable (Ham, Cheese, and Crackers) |
|  |                             |                                  | Cheese Ravioli & Breadstick              | Bean & Cheese Burrito                          |

Three food groups must be taken, one must be at least a 1/2 cup serving of fruit and/or vegetable.

### Available Daily

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

**Oranges, Bananas, Apples, Dried Cranberries, Pears, Peaches, Nectarines, Pluots, Watermelon, Applesauce, 100% Juice, Corn, Mixed Greens, Caesar Salad, Carrots, Beans, Jicama, Cauliflower, Celery, Broccoli, Tomatoes, and Cucumbers**

All lunch items are made with 51% or more **WHOLE GRAIN**



Students may choose:  
1% white milk or Nonfat flavored



**Ice Cream Social!!!**




**Friday, 8/30 & 9/27**  
**\$1.50 cash only** \*during lunch

## Let's Celebrate the New School Year!

### Cookie Day

Monday, 8/26

(with lunch meal purchase)

### Kona Ice

(After school)

Friday, September 13



## Meal Prices

Paid \$3.25

Reduced \$0.40

Free \$0.00

Milk/Juice \$0.50

Non-Student \$4.50

