



ESCONDIDO UNION HIGH SCHOOL

Student Nutrition Menu

This institution is an equal opportunity provider

March 2018



Offered Daily: 1% White Milk and Non-Fat Chocolate Milk

Breakfast					
	Monday	Tuesday	Wednesday	Thursday	Friday
Bakery	Coffee Cake	Honey Bun	Coffee Cake	Honey Bun	Coffee Cake
Fruit	Apple Banana Apple Juice	Grapes Oranges Selected Canned Fruit	Apple Banana Apple Juice	Grapes Oranges Selected Canned Fruit	Apple Banana Apple Juice
Daily Breakfast items : Assorted Muffins, Assorted Cereals, Breakfast Bar, Assorted Fresh Bagels with Cream Cheese, String Cheese					

Lunch					
Week 1 -March 5th & 19th					
	Meatless Monday	Tuesday	Wednesday	CA Thursday	Friday
Daily Specials	Cheesy Bites w/ (V) Marinara Sauce	Chipotle Hot Ham & Cheese Sandwich	Mandarin Orange Chicken & Rice	Green Chili & Cheese Tamale Plate (V)	Rotini w/ Marinara (V) Sauce & Garlic Toast
Week 2- March 12th & 26th (spring break March 26-30)					
	Meatless Monday	Tuesday	Wednesday	CA Thursday	Friday
Daily Specials	Vegetable Quesadilla w/ Home Made Salsa (V)	Meatball Sandwich	Chili Cheese Hotdog with Chips	Burrito: Chicken Cheese and Rice	Fish Patty Sandwich w/ Cheese & Side Fries

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Entrées	Cheese Pizza (V) Bacon Cheeseburger Brunch Burrito: (egg, ham, potato, cheese) Tuna Sandwich Turkey & Cheese Sandwich Spicy Chicken Sandwich Chicken Cesar Salad	Pepperoni Pizza Slice Cheeseburger Bean & Cheese Burrito (V) PB&J w/ String Cheese & Baked Chips (V) Turkey & Cheese Sandwich Spicy Chicken Sandwich Buffalo Chicken Salad	Veggie Pizza Slice (V) Bacon Cheeseburger Brunch Burrito: (egg, ham, potato, cheese) PB&J w/ String Cheese & Baked Chips (V) Turkey & Cheese Sandwich Spicy Chicken Sandwich Chicken Cesar Salad	Pepperoni Pizza Cheeseburger Bean & Cheese Burrito (V) PB&J w/ String Cheese & Baked Chips (V) Turkey & Cheese Sandwich Spicy Chicken Sandwich Buffalo Chicken Salad	Cheese Pizza Slice (V) Bacon Cheeseburger Bean & Cheese Burrito (V) Tuna Sandwich Turkey & Cheese Sandwich Spicy Chicken Sandwich Chicken Cesar Salad

	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit/Veg Sides	Baby Carrots Sliced Cucumber Jicama Apple Banana	Baby Carrots Sliced Cucumber Grapes Oranges Apple Juice	Baby Carrots Sliced Cucumber French Fries Apple Banana	Baby Carrots Sliced Cucumber Grapes Oranges Apple Juice	Baby Carrots Sliced Cucumber Baked Beans Apple Banana

Nutrition Services Meals:

A complete meal includes an entrée, an assortment of fruits or vegetables, and a choice of milk.

Breakfast:

Breakfast is served every morning in Nutrition Services! Choices available include milk, fresh fruits, 100% fruit juice, and a variety of whole grain options such as bagels, assorted bakery items, and cereal. Students may purchase breakfast each morning before school begins or at nutrition break. Students eligible for free meals are not charged for meals.



MEAL PRICES 2017-2018

Breakfast:

Student \$2.50, Reduced Student, \$.30 Adult \$3.50

Lunch:

Student \$3.50, Reduced Student, \$.40 Adult \$4.50

Meal payments:

Pre-payments are available online! at ezschoolpay.com.

Checks are payable to "EUHSD Nutrition Services". You can send cash or checks to the school cafeteria. (Returned check fees are \$35)

Students will be billed monthly for any outstanding charges on their food account.

Students can purchase any snack items and entrees a la carte.



Nutrition Services
302 N Midway Drive
Escondido, CA 92027
Phone: (760) 291-3240
Fax: (760) 739-7355
www.euhdsd.org

For more Nutrition information, please visit our Nutrition Services webpage at <http://tinyurl.com/pdmd489>

You may apply online at: ezmealapp.com Webpage has the meal application link, fitness updates, menus and more.