

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

Child Care

Lunch Menu

JANUARY

2019

**All lunches
Are served with
Choice of
Milk
• Non Fat
• 1%
8oz. M**

Monday	Tuesday	Wednesday	Thursday	Friday
7 Turkey Hot Dog ^+ 1.5 M, 2. G Apple Slices 1/2 cup F Jicama 1/2 cup V	8 Chicken Patty on WW bun%&^+ 1.50 M, 2 G Carrots 1/2 cup V Peach Cup 1/2 cup F	9 Crispy Burrito \$^+@ 2 M, 2 G Side Salad 1 cup V Pear 1/2 cup F	10 PICNIC IN A BOX! Turkey Sandwich 2M, 2 G Chips 1 oz. G Fruit & Veggies 1/2 cup f and V	11 PIZZA FRIDAY! Bagel Pizza \$^+@ 1 G,2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
14 Popcorn Chicken 2M Breadstick 1G Side Salad 1 cup V Peach Cup 1/2 cup F	15 UPSIDE DOWN DAY! Waffle Breakfast Bowl ^+ 1M, 2 G String Cheese@ 1M Celery Sticks 1/2 cup V Applesauce 1/2 cup F	16 Double Dogs 2 M, 2. G Carrots 1/2 cup V Fresh Fruit .5 Cup F	17 Grilled Cheese Sandwich 1.5 M,2 G Tater Tots 1/2 cup V Apple Slices 1/2 cup F	18 PIZZA FRIDAY! Cheese Pizza \$^+@ 2G 2M Side Salad 1/2 cup V Fruit Frozen Bar 1/2 cup F
21 SCHOOL HOLIDAY	22 Chicken Nuggets \$^+@ 1.5ozM Tater Tots .5 Cup V Roll 1ozG Fresh Fruit .5 Cup F	23 Crispy Burrito \$^+@ 2 M, 2 G Side Salad 1 cup V Pear 1/2 cup F	24 Cheese Sandwich 2G2M Jicama 1/2 cup V Apple Slices 1/2 cup F	25 PIZZA FRIDAY! Bagel Pizza \$^+@ 1 G,2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
28 Popcorn Chicken 2M Breadstick 1G Carrots 1 cup V Pineapple tidbits 1/2 cup F	29 Hamburger 2M, 2G Carrot Sticks 1/2 cup V Applesauce .5 Cup F	30 Chicken Nuggets \$^+@ 1.5ozM Tater Tots .5 Cup V Roll 1ozG Fresh Fruit .5 Cup F	31 Cheese Pizza \$^+@ 1 ozG, 1.5ozM Side Salad 1 cup V Pear 1/2 cup F	

- Peanuts!!
- Pork* Beef#
- Whey+ Soy\$
- Corn> Wheat+
- Milk@ Gluten^
- Eggs% Fish

**ALL GRAINS ARE WHOLE
GRAIN RICH**