

Conejo Valley USD Menu

Day	Breakfast – 8AM	Lunch- 12PM	Dinner – 5:30pm
Day 1		11:45am 12 boxed lunches for teachers (2 vegetarians)	- Salad bar - herb chicken - broccoli - roasted potatoes - lemonade, water Dessert: brownies Tofu Stir Fry Gluten Free Brownies
Day 2	- Scrambled eggs - breakfast potatoes - oatmeal w/ toppings - assorted cereals (vegan & gluten free options) - fruit salad - fresh orange juice Tofu Scramble	- Salad bar - cheese pizza - carrot & celery sticks - ranch dressing - watermelon - water, lemonade Gluten free/Vegan Pizza	- Salad bar - Spaghetti - meat sauce - marinara sauce (vegetarian) - garlic bread - roasted vegetables Dessert: assorted cookies Gluten free pasta Gluten free cookies
Day 3	- French toast w/ syrup - hard boiled eggs - hash browns - assorted cereals (vegan & gluten free options) - bananas - fresh orange juice Gluten free/Vegan French Toast Gluten Free Hash Browns	- Hamburgers - hot dogs - sliced tomato & onion - lettuce - mustard, mayo, ketchup - potato chips - watermelon - water, lemonade Veggie Burgers Gluten Free Buns	- Salad bar - cheese quesadillas - Mexican Style Rice - Beans - Sour Cream - Salsa Dessert: Churros Italian Ice Daiya Cheese Quesedillas
Day 4	- Pancakes w/ syrup - vegetarian breakfast sausage - tater tots - hard boiled eggs - assorted cereals (vegan & gluten free options) - whole fruit - fresh orange juice Gluten Free Pancakes		