



NFL Lunch Menu

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 UPSIDE DOWN DAY! Waffle Breakfast Bowl ^+ 2M, 2 G Veggies 1/2cup V Applesauce 1/2 cup F	2 Chicken Nuggets \$^+@ 2oz. M, 1oz G Veggies 1/2 cup V Tater Tot 1/2cup V Fresh Fruit 1/2 cup F	3 PICNIC IN A BOX! ^+\$\$%@ Turkey Sandwich 2 oz. P, 2 oz. G Applesauce 1 oz. F Veggies 1/2 cup V	4 PIZZA FRIDAY! Cheese Pizza \$^+@ 2G 2M Veggies 1/2 cup Fresh Fruit 1/2 cup
7 Popcorn Chicken 2M Tater Tot 1/2cup V Fresh Fruit 1/2 cup	8 Chicken Patty 1.5M 1 G Veggies 1/2cup V Seasonal Fresh Fruit	9 Double Dogs Side Salad Seasonal Fresh Fruit	10 Hamburger ^+\$ 2oz M, 2oz G Veggies 1/2 cup V Fresh Fruit 1/2 cup F	11 PIZZA FRIDAY! F Cheese Pizza \$^+@ 2G2M Veggies 1/2 cup V Seasonal Fresh Fruit 1/2 cup F
14 Taco Nada ^+\$\$@ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	15 UPSIDE DOWN DAY! Pancake Breakfast Bowl %^+ 2M, 2 G Applesauce 1/2 cup F	16 Chicken Nuggets \$^+@ 2oz. M, 1oz G Tater Tot 1/2cup V Fresh Fruit 1/2 cup F	17 PICNIC IN A BOX! ^+\$\$%@ Turkey Sandwich 2 oz. P, 2 oz. G Applesauce 1 oz. F Veggies 1/2 cup V	18 PIZZA FRIDAY! Cheese Pizza \$^+@ 2G 2M Veggies 1/2 cup V Seasonal Fresh Fruit 1/2 cup F
21 Popcorn Chicken 2M Tater Tot 1/2cup V Fresh Fruit 1/2 cup F	22 Chicken Patty 1.5M 1 G Veggies 1/2 cup V Seasonal Fresh Fruit	23 Double Dogs Side Salad Seasonal Fresh Fruit	24 Bean & Cheese Burrito \$^+@ 2oz M, 2oz G Veggies 1/2 cup V Fresh Fruit 1/2 cup F	25 PIZZA FRIDAY! Cheese Pizza \$^+@ 2G2M Veggies 1/2 cup Fresh Fruit 1/2 cup
28 Taco Nada ^+\$\$@ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	29 UPSIDE DOWN DAY! Waffle Breakfast Bowl ^+ 2M, 2 G Veggies 1/2cup V Applesauce 1/2 cup F	30 Chicken Nuggets \$^+@ 2oz. M, 1oz G Tater Tot 1/2cup V Fresh Fruit 1/2 cup F		

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

**ALL GRAINS ARE WHOLE
GRAIN RICH**

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