



# 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
<b>3</b> Taco Nada ^+@\$ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	<b>4</b> <b>UPSIDE DOWN DAY!</b> Waffle Breakfast Bowl ^+ 2M, 2 G Veggies 1/2cup V Applesauce 1/2 cup F	<b>5</b> Chicken Nuggets \$^+@ 2oz. M, 1oz G Veggies 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup F	<b>6</b> <b>PICNIC IN A BOX!</b> ^+\$\$%@ Turkey Sandwich 2 oz. P, 2 oz. G Applesauce 1 oz. F Veggies 1/2 cup V	<b>7</b> <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Veggies 1/2 cup Fresh Fruit 1/2 cup
<b>10</b> Popcorn Chicken 2M Veggies 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup	<b>11</b> Chicken Patty 1.5M 1 G Veggies 1/2cup V Seasonal Fresh Fruit	<b>12</b> Double Dogs Side Salad Seasonal Fresh Fruit	<b>13</b> Hamburger ^+\$ 2oz M, 2oz G Veggies 1/2 cup V Apple Slices 1/2 cup F	<b>14</b> <b>PIZZA FRIDAY!</b> Fr Bread Cheese Pizza \$+^@ 2G2M Veggies 1/2 cup V Seasonal Fresh Fruit 1/2 cup F
<b>17</b> Taco Nada ^+@\$ 2 oz. M, 2 oz G Side Salad 1/2 cup V Peach Cup 1/2 cup F	<b>18</b> <b>UPSIDE DOWN DAY!</b> Waffle Breakfast Bowl ^+ 2M, 2 G Veggies 1/2cup V Applesauce 1/2 cup F	<b>19</b> Chicken Nuggets \$^+@ 2oz. M, 1oz G Veggies 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup F	<b>20</b> <b>PICNIC IN A BOX!</b> ^+\$\$%@ Turkey Sandwich 2 oz. P, 2 oz. G Applesauce 1 oz. F Veggies 1/2 cup V	<b>21</b> <b>PIZZA FRIDAY!</b> Cheese Pizza \$+^@ 2G 2M Veggies 1/2 cup V Seasonal Fresh Fruit 1/2 cup F
<b>24</b> Popcorn Chicken 2M Veggies 1/2 cup V Tater Tots 1/2cup V Fresh Fruit 1/2 cup F	<b>25</b> Chicken Patty 1.5M 1 G Veggies 1/2 cup V Seasonal Fresh Fruit	<b>26</b> Double Dogs Side Salad Seasonal Fresh Fruit	<b>27</b> Bean & Cheese Burrito\$^+@ 2oz M, 2oz G Veggies1/2 cup V Fresh Fruit 1/2 cup F	<b>28</b> <b>PIZZA FRIDAY!</b> Fr Bread Cheese Pizza \$+^@ 2G2M Veggies 1/2 cup Fresh Fruit 1/2 cup

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

**ALL GRAINS ARE WHOLE  
GRAIN RICH**