



CONEJO VALLEY
UNIFIED SCHOOL DISTRICT

2023

Elementary Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE		1 Turkey Double Dogs on Whole Wheat Bun \$^+ PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	2 Mini Corn Dog \$^+ Crispy Bean & Cheese Burrito \$^+@ Chips Seasonal Fresh Fruit & Veggies	3 PIZZA FRIDAY! Whole Grain Cheese Pizza ^+@\$ PB&J Sandwich ^+!! Choc Chip Cookie ^+@\$% Seasonal Fresh Fruit & Veggies
6 Cheeseburger Sliders ^+@\$# PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	7 UPSIDE DOWN DAY! Waffle Breakfast Bowl With Turkey Sausage%\$^+@ Homemade Grilled Cheese \$^+@ Seasonal Fresh Fruit & Veggies	8 Chicken Nuggets \$@^+ Tater Tots PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	9 Nachos w/Cheese & Meat @\$^+# Tortilla Chips Homemade Grilled Cheese \$^+@ Seasonal Fresh Fruit & Veggies	10 PIZZA FRIDAY! Whole Grain Cheese Pizza ^+@\$ Crispy Burrito \$^+@ D&J Cookie ^+@\$@ Seasonal Fresh Fruit & Veggies
13 Chicken & Cheese Quesadillas ^+@\$% Bean & Cheese Burrito \$^+@ Seasonal Fresh Fruit & Veggies Choc Chip Cookie ^+@\$%@	14 Turkey Hot Dog on Whole Wheat Bun ^+ Homemade Grilled Cheese \$^+@ Chips Seasonal Fresh Fruit & Veggies	15 Popcorn Chicken \$^+^+ Lasagna Rollup ^-@ Chips Seasonal Fresh Fruit & Veggies	16 Hamburger on Whole Wheat Bun ^+@\$# Bean & Cheese Burrito \$^+@ Seasonal Fresh Fruit & Veggies Choc Chip Cookie ^+@\$%@	17 PIZZA FRIDAY! Whole Grain Cheese Pizza ^+@\$@ Crispy Burrito \$^+@ D&J Cookie ^+@\$@ Seasonal Fresh Fruit & Veggies
20 Cheeseburger Sliders ^+@\$# Crispy Bean & Cheese Burrito \$^+@ Chips Seasonal Fresh Fruit & Veggies	21 UPSIDE DOWN DAY! Waffle Breakfast Bowl With Turkey Sausage%\$^+@ Homemade Grilled Cheese \$^+@ Seasonal Fresh Fruit & Veggies	22 Homemade Mac & Cheese @^+ PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	23 Chicken Nuggets \$@^+ Tater Tots Homemade Grilled Cheese \$^+@ Chips Seasonal Fresh Fruit & Veggies	24 PIZZA FRIDAY! Whole Grain Cheese Pizza ^+@\$@ PB&J Sandwich ^+!! D&J Cookie ^+@\$@ Seasonal Fresh Fruit & Veggies
27 Popcorn Chicken \$^+^+ Homemade Grilled Cheese \$^+@ Chips Seasonal Fresh Fruit & Veggies	28 Teriyaki Chicken With Brown Rice \$^+ Bean & Cheese Burrito \$^+@ Seasonal Fresh Fruit & Veggies	29 Turkey Double Dogs on Whole Wheat Bun \$^+ PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	30 Turkey Sandwich on Whole Wheat Bun ^+ Crispy Bean & Cheese Burrito \$^+@ Chips Seasonal Fresh Fruit & Veggies	31 PIZZA FRIDAY! Whole Grain Cheese Pizza ^+@\$@ PB&J Sandwich ^+!! Choc Chip Cookie ^+@\$% Seasonal Fresh Fruit & Veggies

**All lunches
Are served with
Fruit & Veggies
& Choice of
Milk**

**Milk \$1.00
Water \$1.00
Juice \$1.00**

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

Aspen, Lang Ranch & Westlake Hills Elementary schools are peanut free schools—PB&J will always be replaced by peanut free sandwich (Sunbutter or Soybutter)

Manage your student's lunch account with **PayPal through Q parent connect** Or for more information visit our website at www.conejousd.org/business/ChildNutrition

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.