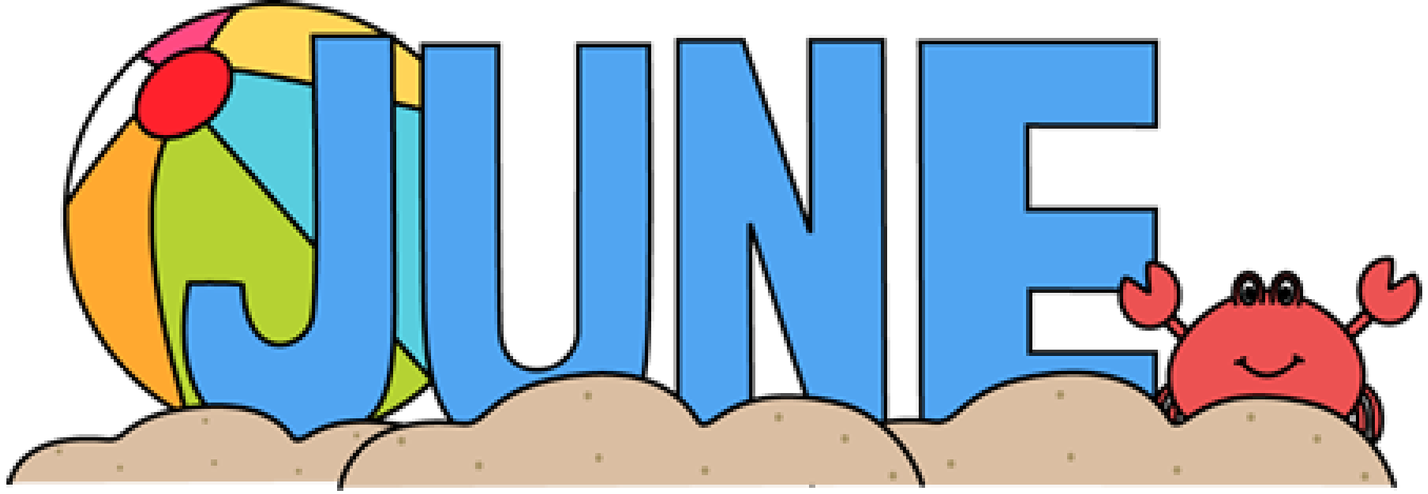
CONEJO VALLEY UNIFIED SCHOOL DISTRICT

Child Care

2023



Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Nuggets $^+@ 1.5M, .5G Banana 1/2 cup F Tater Tots 1 /2 cup V	**2** **PIZZA FRIDAY!** Cheese Pizza $+^@ 1G 1.5M Fresh Veggies 1 /2 cup V Fresh Fruit .5 Cup F
5 Popcorn Chicken +^% 1.5M .5 G Tater Tots 1 /2 cup V Diced Peaches 1/2 cup F	**6** Chicken Patty on Whole Wheat bun %$^+ 2 oz M 3oz G Carrots 1/4 cup V Applesauce 1/2 cup F	**7** WG Chicken Double Dogs 1.5M, 1.5G Side Salad 1 /2 cup V Apple Slices .5 Cup F	**8** Turkey Sandwich ^+ 1.M, .2G Fresh Grapes 1/2 cup F Side Salad 1 /2 cup V	**9** **PIZZA FRIDAY!** Cheese Pizza $+^@ 1G 1.5M Fresh Veggies 1 /2 cup V Fresh Fruit .5 Cup F
12 TacoNada ^+@ 2 oz M, 2 oz G Side Salad 1 /2 cup V Frozen Fruit Bar 1/2 cup F	**13** **UPSIDE DOWN DAY!** Waffle Breakfast Bowl (Turkey Sausage, waffle) %^+ 2M, 1G Applesauce 1/2 cup F Carrots 1 /4 cup V	**14** Grilled Cheese Sandwich ^+@ 2 oz M, 1.5 oz G Side Salad 1/2 cup V Fruit Cocktail 1/2 cup F	**15** Chicken Nuggets $^+@ 1.5M, .5G Tater Tots 1 /2 cup V Apple Slices 1/2 cup F	**16** **PIZZA FRIDAY!** Cheese Pizza $+^@ 1G 1.5M Fresh Veggies 1 /2 cup V Fresh Fruit .5 Cup F
19 **SCHOOL HOLIDAY**	**20** Turkey Hot Dog on WG Bun ^+ 2 oz M 1.75 oz G Tater Tots 1 /2 cup V Applesauce 1/2 cup F	**21** Double Dogs +^% 1.5M .5 G Side Salad 1/2cup V Tangerine 1/2cup F	**22** Bean & Cheese Burrito ^+$@ 2M, 2 G Fresh Grapes 1/2 cup F Carrots 1 /2 cup V	**23** **PIZZA FRIDAY!** Cheese Pizza $+^@ 1G 1.5M Fresh Veggies 1 /2 cup V Fresh Fruit .5 Cup F
26 TacoNada ^+@ 2 oz M, 2 oz G Side Salad 1 /2 cup V Frozen Fruit Bar 1/2 cup F	**27** **UPSIDE DOWN DAY!** Pancake Breakfast Bowl $%^+ (turkey sausage, eggs, pancake) 2M, 1G Celery Sticks 1 /4 cup V Applesauce 1/2 cup F	**28** Grilled Cheese Sandwich ^+@ 2 oz M, 1.5 oz G Side Salad 1 /2 cup V Apple Slices .5 Cup F	**29** Chicken Nuggets $^+@ 1.5M, .5G Banana 1/2 cup F Tater Tots 1 /2 cup V	**30** **PIZZA FRIDAY!** Cheese Pizza $+^@ 1G 1.5M Fresh Veggies 1 /2 cup V Fresh Fruit .5 Cup F

All lunches Are served with

1% Milk

8oz. M

Peanuts!!

Pork*	Beef#
Whey+	Soy$
Corn>	Wheat+
Milk@	Gluten^

ALL GRAINS ARE WHOLE GRAIN RICH

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