

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

Child Care

Lunch Menu

JANUARY

2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
6 Hamburger 2M, 2G Carrot Sticks 1/2 cup V Applesauce .5 Cup F	7 UPSIDE DOWN DAY! Waffle Breakfast Bowl ^+ 1M, 2 G Grape Tomatoes 1/2 cup V Fresh Fruit 1/2 cup F	8 Chicken Nuggets \$^+@ 1.5ozM Tater Tot .5 Cup V Side Salad 1 cup V	9 PICNIC IN A BOX! Turkey Sandwich 2M, 2 G Chips 1 oz. G Fruit & Veggies 1/2 cup f and V	10 PIZZA FRIDAY! French Bread Pizza \$^+@ 1 G,2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
13 Popcorn Chicken 2M Side Salad 1 cup V Peach Cup 1/2 cup F	14 Turkey Hot Dog^+ 1.5 oz. P, 1 oz. G Tater Tot .5 Cup V Fruit Cocktail 1/2 cup F	15 Chicken Patty on WW bun%&^+ 1.50 M, 2 G Side Salad 1/2 cup V Fresh Fruit .5 Cup F	16 Cheese Enchiladas ^+@\$@ 1.5ozM Grape Tomatoes 1/2 cup V Frozen Fruit Cup 1/2 cup F	17 PIZZA FRIDAY! Cheese Pizza \$^+@ 2G 2M Carrots 1/2 cup V Fresh Fruit 1/2 cup F
20 SCHOOL HOLIDAY	21 UPSIDE DOWN DAY! Pancake Breakfast Bowl ^+ 1M, 2 G Carrots 1/2 cup V Fresh Fruit 1/2 cup F	22 Taco Nada ^+@\$@ 2G2M Side Salad 1/2 cup V	23 Chicken Nuggets \$^+@ 1.5ozM Green Beans 1/2 cup V Apple Slices 1/2 cup F	24 PIZZA FRIDAY! French Bread Pizza \$^+@ 1 G,2M Carrots 1/2 cup V Fresh Fruit .5 Cup F
27 Popcorn Chicken 2M Breadstick 1G Side Salad 1 cup V Peach Cup 1/2 cup F	28 Grilled Cheese Sandwich 1.5 M,2 G Corn 1/2 cup V Applesauce .5 Cup F	29 Double Dogs 2 M, 2. G Carrots 1/2 cup V Fresh Fruit .5 Cup F	30 Orange Chicken w/Rice^+\$ 1.5 oz. P Pineapple .5 Cup F	31 PIZZA FRIDAY! Cheese Pizza \$^+@ 2G 2M Grape Tomatoes 1/2 cup V Fresh Fruit 1/2 cup F

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

**ALL GRAINS ARE WHOLE
GRAIN RICH**