BREAKFAST

Breakfast is served every morning in Student Nutrition Services! Choices available include milk, fruit juice and a variety of entrees- hot breakfast sandwiches, bagels, and cereal. Students may purchase breakfast each morning in Student Nutrition Services before school begins and at nutrition break. Students eligible for free or reduced price lunch are also eligible for free or reduced price breakfast

Prepayments now online! Available at at **www.euhsd.k12.ca.us** **click on Departments, then to Student Nutrition- online meal payments.** Students may also set up accounts with the Student Nutrition Services Staff using cash or checks

Make checks payable to "EUHSD Student Nutrition". Returned checks are charged a $35.00 processing fee.

LUNCH PRICES

Complete School Lunches, including the Side Dish, Pizza, Sandwiches and Specials are priced as follows:

BREAKFAST	
Student	$2.25
Adult	$3.25
LUNCH	
Student	$3.25
Adult	$4.25

Escondido Union High School District

302 N Midway Dr
Escondido, CA 92027
Phone: 760 291-3240
Fax: 760 739-7355

Student Nutrition Services Menu

November 2013

Student Nutrition Services

Tel: 760 291 3240

NOVEMBER 2013

Breakfast: Reduced Price $.00   Paid Price $2.25   Adult $3.25

Lunch: Reduced Price $.00   Paid Price $3.25   Adult $4.25

Carbohydrate Counts (in grams) are indicated in red medical conditions must also work with a medical doctor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: Whole grain pancakes w/ a sausage patty "3- Whole grain pancakes served with a sausage patty." (38.0)	Breakfast: Sunrise sandwich "Eggs, sausage patty & cheese layered on an English muffin." (26.1)	Breakfast: Breakfast bagel sandwich "Ham, egg and cheese layered on an 8-grain bagel". (47.2)	Breakfast: Yogurt parfait "Organic vanilla yogurt topped with berries and granola." (74.0)	Breakfast: Breakfast burrito "Eggs, potatoes and shredded mozzarella on a whole wheat flour tortilla." (27.3)

Served Daily: Freshly baked assorted bagels & cream cheese(46.4) Assorted cereals(39.8) Yogurt & Granola bar(48.0) Assorted Breakfast Muffins (41.1) Whole Grain Pan Dulce (37.5) Milk (10.0) , Chocolate Milk (28.0) Assorted fresh fruits (16.5) Assorted 100% fruit juice(14.7)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch: Spicy chicken sandwich "Spicy chicken patty on a whole wheat bun served with a low fat brownie." (89.0)	Lunch: Ham & pineapple pizza "Slice of ham and pineapple pizza on whole wheat crust." (42.2)	Lunch: Chile with beans "Beef and bean chili served with a corn muffin." (113.6)	Lunch: Holiday meal "Roast turkey with cornbread stuffing, corn and cranberry sauce." (65.6)	Lunch: Spaghetti with meat sauce "Whole grain spaghetti topped with beef marinara sauce and served with a low fat brownie." (60.0)

Served Daily: Cheeseburger (T&TH) (31.0), Hamburger (M,W,F) (31.0), Whole Grain Bean & Cheese Burrito (M,W,F) (29.0), Turkey dogs (T &TH) (21.0), Chicken Sandwich (43.5), Assorted Sandwiches (60.0), Assorted Salads (51.9), Pepperoni Pizza slice (M,W,F) (29.8), Milk (10.0), Chocolate Milk (28.0), Assorted fresh fruits (16.5), 100% fruit juice (28.0) (T&TH) Assorted Veggies (8.4)

Assorted fresh and canned fruits and vegetables may include: apples, oranges, grapes, pears, veggie sticks, vegetarian beans, lettuce cups and desserts like cookies or pudding. Milk choices are non-fat chocolate or 1% low fat. Nutritional information: Average Weekly Totals based on projected breakfasts taken: Total fat 21%, Sat. Fat 7%, Calories 567, Protein 18g, Iron 14mg, Calcium 65.58 mg, Vit A 85re, Vit C 56mg. RDA Total fat 30%, Sat fat 10% , Calories 554, Protein 16.7g, Iron 4.5mg, Vit A 300re, Vit C 19mg. In the operation of child feeding programs administered by the U.S. Department of Agriculture, no child will be discriminated against because of race, color, sex, age, national origin or disability. If any member of a household believes they have been discriminated against, they should immediately write to the Secretary of Agriculture, Washington, D.C. 20250
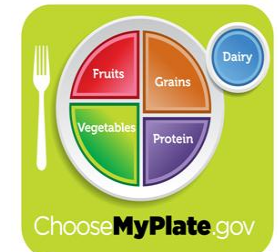
A La Carte: Assorted Juices, Bottled Water, Vitamin Waters (32.5) and Gatorades (34.0),.

ChooseMyPlate.gov