



ESCONDIDO UNION HIGH SCHOOL  
Student Nutrition Menu



This institution is an equal opportunity provider

May 2018

Offered Daily: 1% White Milk and Non-Fat Chocolate Milk

Breakfast					
Bakery	Monday	Tuesday	Wednesday	Thursday	Friday
	Mini Blueberry Waffles	Cinnamon Pancakes	Mini Blueberry Waffles	Cinnamon Pancakes	Mini Blueberry Waffles
Fruit	Apple Banana Apple Juice	Grapes Oranges Selected Canned Fruit	Apple Banana Apple Juice	Grapes Oranges Selected Canned Fruit	Apple Banana Apple Juice
Daily Breakfast items : Assorted Muffins, Assorted Cereals, Breakfast Bar, Assorted Fresh Bagels with Cream Cheese, String Cheese					

Lunch					
Week 1 - May 1st, 14th & 28th					
Daily Specials	Meatless Monday	Tuesday	Wednesday	CA Thursday	Friday
	Cheese Lasagna w/ Garlic Bread	Bun Taco w/ Baked Chips	Baked Chicken w/ Corn & Bread Roll	Bean & Cheese Burtio w/ Enchilada sauce	Brunch 4 lunch: Ham, Egg & Cheese Sandwich
Week 2 - May 7th & 21st					
Daily Specials	Meatless Monday	Tuesday	Wednesday	CA Thursday	Friday
	Cheesy Bites with Marinara Cup	Pasta Bowl w/ Meatballs & Garlic Toast	California Burrto w/ sour cream & salsa	Green Chili Cheese Tamale Plate	Popcorn Chicken Mash Potato Bowl & roll

Daily Entrées	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheese Pizza (V) Bacon Cheeseburger Brunch Burrito: (egg, ham, potato, cheese) Tuna Sandwich Turkey & Cheese Sandwich Spicy Chicken Sandwich Chicken Cesar Salad	Pepperoni Pizza Slice Cheeseburger Bean & Cheese Burrito (V) PB&J w/ String Cheese & Baked Chips (V) Turkey & Cheese Sandwich Spicy Chicken Sandwich Buffalo Chicken Salad	Veggie Pizza Slice (V) Bacon Cheeseburger Brunch Burrito: (egg, ham, potato, cheese) PB&J w/ String Cheese & Baked Chips (V) Turkey & Cheese Sandwich Spicy Chicken Sandwich Chicken Cesar Salad	Pepperoni Pizza Cheeseburger Bean & Cheese Burrito (V) PB&J w/ String Cheese & Baked Chips (V) Turkey & Cheese Sandwich Spicy Chicken Sandwich Buffalo Chicken Salad	Cheese Pizza Slice (V) Bacon Cheeseburger Bean & Cheese Burrito (V) Tuna Sandwich Turkey & Cheese Sandwich Spicy Chicken Sandwich Chicken Cesar Salad

Fruit/Veg Sides	Monday	Tuesday	Wednesday	Thursday	Friday
	Baby Carrots Sliced Cucumber Jicama Apple Banana	Baby Carrots Sliced Cucumber Grapes Oranges Apple Juice	Baby Carrots Sliced Cucumber French Fries Apple Banana	Baby Carrots Sliced Cucumber Grapes Oranges Apple Juice	Baby Carrots Sliced Cucumber Baked Beans Apple Banana

## Nutrition Services Meals:

A complete meal includes an entrée, an assortment of fruits or vegetables, and a choice of milk.

## Breakfast:

Breakfast is served every morning in Nutrition Services! Choices available include milk, fresh fruits, 100% fruit juice, and a variety of whole grain options such as bagels, assorted bakery items, and cereal. Students may purchase breakfast each morning before school begins or at nutrition break. Students eligible for free meals are not charged for meals.



### MEAL PRICES 2017-2018

#### Breakfast:

Student \$2.50, Reduced Student, \$.00 Adult \$3.50

#### Lunch:

Student \$3.50, Reduced Student, \$.00 Adult \$4.50

## Meal payments:

Pre-payments are available online! at [ezschoolpay.com](http://ezschoolpay.com).

Checks are payable to "EUHSD Nutrition Services". You can send cash or checks to the school cafeteria. (Returned check fees are \$35)

Students will be billed monthly for any outstanding charges on their food account.

Students can purchase any snack items and entrees a la carte.



Nutrition Services  
302 N Midway Drive  
Escondido, CA 92027  
Phone: (760) 291-3240  
Fax: (760) 739-7355  
[www.euhdsd.org](http://www.euhdsd.org)

For more Nutrition information, please visit our Nutrition Services webpage at <http://tinyurl.com/pdmd489>

You may apply online at: [ezmealapp.com](http://ezmealapp.com) Webpage has the meal application link, fitness updates, menus and more.