

Elementary Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Frida
MENU SI	JBJECT TO CHANGE		1 Nachos w/Cheese & Meat @\$^+# Tortilla Chips Homemade Grilled Cheese \$^+@ Seasonal Fresh Fruit & Veggies	2 PIZZA FRIDA Whole Grain Cheese Crispy Burrito D&J Cookie ^ Seasonal Fresh Fruit
5 Enchiladas \$+@ Bean & Cheese Burrito \$^+@ Seasonal Fresh Fruit & Veggies Choc Chip Cookie ^+\$%@	 Turkey Hot Dog on Whole Wheat Bun ^+ Homemade Grilled Cheese \$^+@ Chips Seasonal Fresh Fruit & Veggies 	7 Popcorn Chicken \$*^+ PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	8 Hamburger on Whole Wheat Bun ^+@\$# Bean & Cheese Burrito \$^+@ Seasonal Fresh Fruit & Veggies Choc Chip Cookie ^+\$%@	 PIZZA FRID/ Whole Grain Cheese PB&J Sandwic D&J Cookie ^ Seasonal Fresh Fruit
12 Cheeseburger Sliders ^+@\$# Crispy Bean & Cheese Burrito \$^+@ Chips Seasonal Fresh Fruit & Veggies	13 UPSIDE DOWN DAY! Pancake Breakfast Bowl %\$+^ Homemade Grilled Cheese \$^+@ Seasonal Fresh Fruit & Veggies	14 Homemade Mac & Cheese @^+ PB&J Sandwich ^+!! Chips Seasonal Fresh Fruit & Veggies	15 Chicken Nuggets \$@^+ Tater Tots Homemade Grilled Cheese \$^+@ Chips Seasonal Fresh Fruit & Veggies	16 HAVE A GR SUMMER VACATION

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.

2023

All lunches Are served with Fruit & Veggies & Choice of MAIK

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



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REAT R DN!

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