


Breakfast

May 2018

EED Nutrition Services

415 379-2700

Monday	Tuesday	Wednesday	Thursday	Friday
APR 30 Pancake 1 each PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	1 Bagel 1/2 PK; 1 SA; With Cream Cheese PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	2 Yogurt & Granola 1/3 cup yogurt; 1oz granola PK; 2oz SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	3 Waffle 1 each PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	4 Raisin Toast 1 slice PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c
7 Cold Cereal 1/3 cup* PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	8 Waffle 1 each PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	9 Yogurt & Granola 1/3 cup yogurt; 1oz granola PK; 2oz SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	10 Hot Cereal 1/3 cup PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	11 Turkey Sausage & Toast 1 each; 1/2 slice toast PK; 1 slice SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c
14 Raisin Toast 1 each PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	15 Bagel 1/2 PK; 1 SA; With Cream Cheese PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	16 Yogurt & Granola 1/3 cup yogurt; 1oz granola PK; 2oz SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	17 Hot Cereal 1/3 cup PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	18 Pancake 1 each PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c
21 Cold Cereal 1/3 cup* PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	22 Egg Sandwich 1 each PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	23 Yogurt & Granola 1/3 cup yogurt; 1oz granola PK; 2oz SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	24 Hot Cereal 1/3 cup PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	25 Blueberry Muffins 2 each PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c
	29 Waffle 1 each PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	30 Yogurt & Granola 1/3 cup yogurt; 1oz granola PK; 2oz SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	31 Hot Cereal 1/3 cup PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	JUN 1 Orange Sunrise Muffins 2 each PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c


* Puffed Cold Cereal such as Kix or Rice Chex will be served 3/4 cup for Pre-K children, 1 1/4 cup for School Age children

Snack

May 2018

EED Nutrition Services

415 379-2700

Monday	Tuesday	Wednesday	Thursday	Friday
APR 30 Tiny Twist Pretzels 1oz serving PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	1 Cheese Sandwich 1/2 each PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	2 Honey Grahams 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	3 Elf Grahams 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	4 Goldfish Pretzels 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit
7 Jungle Crackers 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	8 Cheddar Goldfish 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	9 Tiny Twist Pretzels 1oz serving PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	10 Cheese Sandwich 1/2 each PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	11 Honey Grahams 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit
14 Elf Grahams 1oz serving PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	15 Tomato Focaccia 1oz slice PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	16 Mozzarella & Saltines 4 crackers & 1/2oz cheese PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	17 Goldfish Pretzels 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	18 Jungle Crackers 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit
21 Cheddar Goldfish 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	22 Tiny Twist Pretzels 1oz serving PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	23 Cheese Sandwich 1/2 each PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	24 Honey Grahams 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	25 Elf Grahams 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit
	29 Tomato Focaccia 1oz slice PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	30 Mozzarella & Saltines 4 crackers & 1/2oz cheese PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	31 Jungle Crackers 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit	JUN 1 Cheddar Goldfish 1oz package PK: Fresh Fruit 1/2c SA: Fresh Fruit 3/4c or 1 whole fruit

Lunch


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APR 30 Sloppy Joes 1/3c Rainbow Carrots 1/4c PK; 1/2c SA Whole wheat bun 1 each PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	1 Chicken Chow Mein 9oz PK 1 3/4c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	2 Oven Fried Rice 9oz PK 1 1/2c SA with Roasted Turkey PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	3 Chili Macaroni 9oz Tossed Salad 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	4 Cheese Quesadilla 1 each Corn 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c
7 Smokin' Veggie Chili 1 cup Rice 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	8 Spaghetti 1c PK; 1 1/2c SA Tossed Salad 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	9 Barbecue Chicken Rice 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	10 Cheese Pizza 4oz slice Tossed Salad 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	11 Turkey Meatloaf 5oz slice Roasted Potatoes 1/4c PK; 1/2c SA Toast 1/2 slice PK; 1 slice SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c
14 Macaroni & Cheese 1 cup Roasted String Beans 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	15 Chicken Pot Pie 1 c PK; 2c SA Peas, Carrots, and Potatoes PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	16 Chili Macaroni 9oz Corn 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	17 Cheese Quesadilla 1 each Broccoli 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	18 Oven Fried Rice 9oz PK 1 1/2c SA with Roasted Turkey PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c
21 Breakfast Burrito Veggie Sticks 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	22 Sloppy Joes 1/3c meat Broccoli 1/4c PK; 1/2c SA Whole Wheat Bun 1 each PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	23 Cheese Pizza 4oz slice Tossed Salad 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	24 Chicken Florentine 3/4c PK; 1c SA Noodles 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	25 Turkey Cheddar Sandwich 1 each Roasted Squash 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c
28 Memorial Day 	29 Spanish Rice 1 cup Corn 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	30 Chicken Tetrzzini 1c PK; 1 3/4c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	31 Smokin' Veggie Chili 1 cup Rice 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	JUN 1 Spaghetti 1c PK; 1 1/2c SA Roasted String Beans 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c

Vegan Lunch

May 2018

EED Nutrition Services

415 379-2700

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APR 30 Lentil Sloppy Joes 1/3c Rainbow Carrots 1/4c PK; 1/2c SA whole wheat bun 1 each PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	1 Tofu Chow Mein 9oz PK; 1 1/4c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	2 Oven Fried Rice 9oz PK; 1 1/2c SA with Red Beans PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	3 Chili Macaroni 9oz Tossed Salad 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	4 Vegan Quesadilla 1 each Corn 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c
7 Smokin' Veggie Chili 1 cup Rice 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	8 Spaghetti 1c PK; 1 1/2c SA Tossed Salad 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	9 Barbecue Tofu Rice 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	10 Vegan Pizza 4oz slice Tossed Salad 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	11 Lentil Burgers 5oz slice Roasted Potatoes 1/4c PK; 1/2c SA Toast 1/2 slice PK; 1 slice SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c
14 Macaroni & Vegan Cheese 1 cup Roasted String Beans 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	15 Ceci Bean Pot Pie 1 c PK; 2c SA Peas, Carrots, and Potatoes PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	16 Chili Macaroni 9oz Corn 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	17 Vegan Quesadilla 1 each Broccoli 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	18 Oven Fried Rice 9oz PK; 1 1/2c SA with Tofu PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c
21 Vegan Breakfast Burrito Veggie Sticks 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	22 Lentil Sloppy Joes 1/3c meat Broccoli 1/4c PK; 1/2c SA Whole Wheat Bun 1 each PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	23 Vegan Pizza 4oz slice Tossed Salad 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	24 Roasted Veggie Pasta 3/4c PK; 1c SA White Bean Salad 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	25 Veggie Sandwich 1 each Roasted Squash 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c
28 Memorial Day 	29 Spanish Rice 1 cup Corn 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	30 Tofu Tetrazzini 1c PK; 1 3/4c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	31 Smokin' Veggie Chili 1 cup Rice 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c	JUN 1 Spaghetti 1c PK; 1 1/2c SA Roasted String Beans 1/4c PK; 1/2c SA PK: Fresh Fruit 1/2c and Milk 3/4c SA: Fresh Fruit 1/2c and Milk 1c


Items on the vegan lunch menu contain no eggs, dairy, cheese, or other animal products. Labels for most ingredients are available on request. A gluten free option is available daily by request. If your child has other dietary restrictions, please contact your Site Principal or clerk and inform them.

Gluten Free Lunch

May 2018

EED Nutrition Services

415 379-2700

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APR 30 Sloppy Joes 1/3c Rainbow Carrots 1/4c PK; 1/2c SA GF Bun 1 each PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	1 Chicken Chow Mein 9oz PK 1/4c SA GF Noodles PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	2 Oven Fried Rice 9oz PK 1/2c SA with Roasted Turkey PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	3 Chili Macaroni 9oz Tossed Salad 1/4c PK; 1/2c SA GF Noodles PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	4 Cheese Quesadilla 1 each Corn 1/4c PK; 1/2c SA Corn Tortilla PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c
7 Smokin' Veggie Chili 1 cup Rice 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	8 Spaghetti 1c PK; 1/2c SA Tossed Salad 1/4c PK; 1/2c SA GF Noodles PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	9 Barbecue Chicken Rice 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	10 Cheese Pizza 4oz slice Tossed Salad 1/4c PK; 1/2c SA GF Crust PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	11 Turkey Meatloaf 5oz slice Roasted Potatoes 1/4c PK; 1/2c SA GF Toast 1/2 slice PK; 1 slice SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c
14 GF Macaroni & Cheese 1 cup Roasted String Beans 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	15 Chicken Pot Pie 1 c PK; 2c SA Peas, Carrots, and Potatoes GF Crust PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	16 Chili Macaroni 9oz Corn 1/4c PK; 1/2c SA GF Noodles PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	17 Cheese Quesadilla 1 each Broccoli 1/4c PK; 1/2c SA Corn Tortilla PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	18 Oven Fried Rice 9oz PK 1/2c SA with Roasted Turkey PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c
21 Breakfast Burrito Veggie Sticks 1/4c PK; 1/2c SA GF wrap PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	22 Sloppy Joes 1/3c meat Broccoli 1/4c PK; 1/2c SA GF Bun 1 each PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	23 Cheese Pizza 4oz slice Tossed Salad 1/4c PK; 1/2c SA GF Crust PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	24 Chicken Florentine 3/4c PK; 1c SA GF Noodles 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	25 Turkey Cheddar Sandwich 1 each Roasted Squash 1/4c PK; 1/2c SA GF Bread PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c
28 Memorial Day 	29 Spanish Rice 1 cup Corn 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	30 Chicken Tetrizzini 1c PK; 1/4c SA GF Noodles PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	31 Smokin' Veggie Chili 1 cup Rice 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c	JUN 1 GF Spaghetti 1c PK; 1/2c SA Roasted String Beans 1/4c PK; 1/2c SA PK: Fresh Fruit 1/4c and Milk 3/4c SA: Fresh Fruit 1/4c and Milk 1c