

Grab & Go Breakfast

Daily selections include an Entrée along with a milk and/or fruit/veggie *
Meals provide ¼ Recommended Daily Nutrition Allowances.

*Breakfast Combo meals (listed below)
are offered to all students at no charge.*

Cereal and Milk

Bagels and Cream Cheese

Peanut Butter and Jelly Sandwich

Ham and Cheese Wrap

Sausage or Ham Egg and Cheese Taco

*Milk group includes 1% white or fat free chocolate, fruit/vegetable group includes 4oz volume of variety of fruit such as oranges, bananas, strawberries, pineapple, blueberries, grapes, raisins, vegetable or 100% juice.

A la carte separate purchases

Deli Style Bagel & Cream Cheese	\$1.50
Yogurt 8 oz., Honey Bun, Cin Roll, Crumb Cake, Muffin, Zac Omega bars	\$1.25
Cookie, Pop Tart Singles, Brownies	\$1.00
Milk, Fruit, Juice	\$0.75

SDUHSD Nutrition Services

710 Encinitas Blvd.

Encinitas, CA 92024

Phone: (760) 753-6241 ext. 3426

Menu Subject to change at School Site

November/December SDUHSD COMBO Meals

Combo meals include: entrée (meat/meat alternative & grain) milk 1% white or fat free chocolate, fruit & vegetable*

Meatless Monday

Cheese Panini

w/Pesto

Bean, Rice and Cheese Burrito

w/ Beans, Mexican Brown Rice, Cheese, Salsa with Side of Sour Cream

Papa John's Pizza Slice

Cheese

Veggie Sandwich

w/ Aged Cheddar Cheese, Avocado, Tomato, Cucumber & Spinach

Tuesday

Turkey Pot Pie

w/ Biscuit

Sweet Baby Rays Beef RibBQ Sandwich

w/ Tator Tots

Papa John's Pizza Slice

Pepperoni or Cheese

Chicken Caesar Salad

w/ Cheese, Croutons & Caesar Dressing

Wednesday

Turkey Tacos

w/ Lettuce & Cheese and Tapatio Sauce

Chicken Alfredo Penne

w/Broccoli

Papa John's Pizza Slice

Pepperoni or Cheese

Turkey Breast Sub

w/ Lettuce, Tomato & Cheese

Thursday

Chicken Dieguito

Burrito

w/Fajita Chicken, Potatoes & Cheese

Orange Chicken Bowl

w/ Brown Rice

Papa John's Pizza Slice

Pepperoni or Cheese

Chicken Caesar Salad

w/ Cheese, Croutons & Caesar Dressing

Friday

Fish and Chips

w/Hawaiian Roll and Finger Potatoes

Teriyaki Broccoli Chicken Lo Mein

Papa John's Pizza Slice

Pepperoni or Cheese

Turkey Breast Sub

w/Lettuce, Tomato & Cheese

Daily alternatives upon request: Hummus Pack, Yogurt Parfait & PB and Jelly Sandwich

*Combo meals include the following components: bread, meat or meat alternate, milk, fruit, and vegetable. Students must take a minimum of three of the five components offered: one component must be a fruit or vegetable.

Please Visit PayPams.com to conveniently place money on your student's account with a credit card.

Menu Subject to Change

October 2013 SDUHSD COMBO Meals

Combo meals include: entrée (meat/meat alternative & grain) milk 1% white or fat free chocolate, fruit & vegetable*

Meatless Monday

Cheese Panini on sourdough
w/ Side of Pesto

Bean, Rice and Cheese Burrito
w/ Beans, Mexican Brown Rice, Cheese, Salsa with Side of Sour Cream

Papa John's Pizza Slice
Cheese or Veggie only

Vegetarian Greek Salad
w/ Feta, Pita Bread & Greek Dressing

Tuesday

Teriyaki Broccoli Chicken Lo Mein

Cheeseburger
w/ Finger Potatoes

Papa John's Pizza Slice
Pepperoni or Cheese

Chicken BLT Salad
w/ Cheese, Dinner Roll & Ranch Dressing

Wednesday

Soft Shell Turkey Tacos
w/ Lettuce & Cheese and Tapatio Sauce

Meatball Rotini in red sauce

Papa John's Pizza Slice
Pepperoni or Cheese

Turkey Breast Sub
w/ Lettuce, Tomato & Cheese

Thursday

Dieguito Burrito
w/ Barbacoa Beef, Potatoes & Cheese

Breaded Chicken Breast Sandwich
Spicy or Plain with Finger Potatoes

Papa John's Pizza Slice
Pepperoni or Cheese

Chicken Caesar Salad
w/ Cheese, Croutons & Caesar Dressing

Friday

Chicken Nuggets or Fish and Chips
w/ Hawaiian Roll and Finger Potatoes

Sweet Baby Rays Beef Rib B Q Sandwich
w/ Tater Tots

Papa John's Pizza Slice
Pepperoni or Cheese

Turkey Breast Sub
w/ Lettuce, Tomato & Cheese

Daily alternatives upon request: Hummus Pack, Yogurt Parfait & P B and Jelly Sandwich

*Combo meals include the following components: bread, meat or meat alternate, milk, fruit, and vegetable. Students must take a minimum of three of the five components offered: one component must be a fruit or vegetable.

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SDUHSD is an equal opportunity employer.

PRICE LIST 2013-14 (sales tax included when applicable)

See advertised Menu for Combo Lunch & Breakfast items

Combo Lunch (includes entrée, fruit, veg, and milk) \$3.75

Entrees –main dish , sandwich or salad sold separately \$3.00

Combo Breakfast is at NO CHARGE

\$.75

Milk, Juice, Fruits, Vegetables, Cereal, Potatoes

\$1.00

**Corn Nuts , Baked Chips, RF Cookies, Pop tart singles, RF Brownies, Cinn. Bun,
Welchs Fruit snacks, Gardettos, Indiana Popcorn, Kellogs Crunch Mania,
RF Doritos, Cheez-its**

\$1.25

**Sconza Fruit Worms, Popcorners, Pop Chips, Zac Omega Bars,
Water 16.9oz Aquafina, Tims Rings, Ice Cream, Yogurt (8oz),
Frosted Fresh Bake Cinn. Rolls, Milk—Chocolate (fat free 12oz.)**

\$1.50

**Pita Chips, Daves Twin Bar Stix, Izze 8.4oz., Switch 8.3oz.,
Slush Puppy (all juice), Nut and Fruit Granola Mix, Milk Shakes (8oz),
Top of the Bagel w/ cream cheese, Daves Muffins, Daves Crumb Cake**

\$1.75

Gatorade 20oz, Langers Juice, Riptide 16oz, Pirates Booty

\$2.00

Smart Water