

# Silver Strand Elementary Menu

## March 13 – May 5

### Coronado Unified School District

USDA is an equal opportunity provider and employer.  
Menus subject to change.

### FARM TO SCHOOL

We feel it's important for your student to make a connection with what's on their tray and where their food comes from. That is why this school year, we partnered with *Food 4 Thought* to bring the freshest seasonal produce to your school's cafeteria. Through their 'Farm to School' program they are able to partner with small, family-owned California farms that share a commitment to student health and nutrition. Picked on Monday and "straight to the plate" on Thursday and Friday...enjoy the harvest!

Apply online today for free & reduced-price meals at

<https://secure.ezmealapp.com/>



Payments and meal balances online

Please have "Student ID Number" when signing up the first time.

For questions, call 619-522-8907 x2085

Monday	Tuesday	Wednesday	Thursday	Friday
Papa John's Pepperoni Pizza	Teriyaki Beef Dunkers & Rice	100% Turkey Taco Salad	<b>FARM FRESH DAYS</b>	
Papa John's Cheese Pizza	100% Beef Uncured Hot Dog	Chicken Egg Roll	100% White Meat Breaded Chicken Sandwich	100% Alaskan Pollock Fish & Chips
Sun Butter & Jelly Sandwich	Bean & Cheese Burrito	Cheese Lasagna	Brunch 4 Lunch	Pepperoni Quesadilla
		<b>\$ .25 cash only</b> 	Cheese Tamale	Cheese Stuffed Breadsticks



## Salad Bar

**A variety of fruits & vegetables will be offered daily:**

Oranges, Bananas, Apples, Raisins, Blueberries, Pears, Peaches, Applesauce, Grapes, Mandarins, Kiwis, 100% juice, Corn, Caesar Salad, Mixed Greens, Peas, Beans, Carrots, Jicama, Cauliflower, Tomatoes, Cucumbers, Broccoli, and Edamame

Three food groups must be taken, one must be at least a 1/2 cup serving of fruit and/or vegetable.

All lunch items are made with **51% or more WHOLE GRAIN**



Students may choose:  
1% white milk  
or  
Nonfat flavored milk



## Special Menu Days

**St. Patrick's Day Shamrock Cookie Friday, March 17**



**Cinco De Mayo Celebration Friday, May 5**



## Kona Ice After School Thursday, 04/13



### Meal Prices

Paid \$3.00  
Reduced \$0.40  
Free \$0.00  
Milk/Juice \$0.50  
Non-Student \$4.00

