



Silver Strand
Elementary

May 8 - June 3

Coronado Unified
School District

This institution is an equal opportunity provider. Menus are 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	Orange Chicken & Rice	100% Turkey Crunchy Taco	FARM FRESH DAYS	
Papa John's Cheese Pizza	100% Beef Hamburger	Corn Dog	Popcorn Chicken	Mac & Cheese w/ Corn Muffin
Yogurt & Crackers	Cheese Quesadilla	Sunbutter & Jelly Sandwich	Pancake Breakfast w/ Egg & Sausage	Turkey & Cheese Sandwich
		 \$.25 cash only	Bean & Cheese Burrito	Pizza Cheese Crunchers

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

American Hero Italian Ice Tuesday, May 30



Surf's Up & Summer is Here! Rips Slush Tuesday, June 13



Kona Ice After School Friday, 5/12



Meal Prices

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

