



BREAKFAST BURRITOS

HAM & CHEESE

COOKED WITH HAM, CHEESE, ONION, BELL PEPPER, MUSHROOM, & SPINACH

BACON, EGG, & CHEESE

COOKED WITH BACON, EGG, CHEESE, ONION, BELL PEPPER, MUSHROOM, & SPINACH

GROUND BEEF

COOKED WITH BEEF, CHEESE, ONION, BELL PEPPER, MUSHROOM, & SPINACH

VEGETARIAN

COOKED WITH POTATOES, CHEESE, ONION, BELL PEPPER, MUSHROOM, & SPINACH

FUEGO

COOKED WITH CHORIZO, CHEESE, JALAPENO, ONION, BELL PEPPER, MUSHROOM, & SPINACH

BREAKFAST SIDES

FRESH FRUIT

SALSA ROJA / VERDE

SANDWICHES

SOURDOUGH PATTY MELT

SOURDOUGH BREAD, GROUND BEEF, WHITE AMERICAN CHEESE, MUSHROOM, ONION, BELL PEPPER

GRILLED CHEESE

SOURDOUGH BREAD, AMERICAN, CHEDDAR, MONTEREY JACK, & GOUDA CHEESE.
*SERVED WITH TOMATO SOUP

TURKEY CLUB

SOURDOUGH BREAD, TURKEY, BACON, MONTEREY JACK, CHIPOTLE AIOLI, & TOMATO

MEATBALL SUB

HOAGIE ROLL, BEEF MEATBALLS, MARINARA, PARMESAN, & AMERICAN CHEESE

ROAST BEEF AU JUS SANDWICH

HOAGIE ROLL, ROAST BEEF, AMERICAN CHEESE, ONION, BELL PEPPER, AU JUS SAUCE

SOUPS

TOMATO SOUP

BROCCOLI CHEDDAR SOUP

CHICKEN NOODLE SOUP

LUNCH & SUPPER SIDES

FRESH FRUIT

WALKING TACO

SUN CHIPS

CARROT STICKS & RANCH

*ALL MEALS SERVED WITH WATER, MILK, & FRUIT

CATERING SERVICES COMING SOON



bgcoceanside.org/the-lunch-box/



760.433.8920

Ingredients and Nutritional Information

The Lunchbox Menu (breakfast)

*All breakfast served with 1/2 c fruit and 8 oz 1% milk

BREAKFAST BURRITOS:

Ham and Cheese:

- 1 8" Whole grain tortilla
- 1 tsp butter
- 2 eggs
- 1 Tbs heavy cream
- 1.5 oz chopped ham
- 1 oz shredded cheddar cheese
- 1/8 c white onion
- 1/8 c green/red bell pepper
- 1/8 c mushroom
- 1/8 c spinach

CACFP/SFSP

Protein: 1.5 oz ham/2 eggs Grain: 1 whole grain tortilla Vegetable: 1/2 c vegetables*served with 1% 8 oz milk and 1/2 c fruit

Bacon, egg, and cheese:

- 1 8" Whole grain tortilla
- 1 tsp butter
- 2 eggs
- 1 Tbs heavy cream
- 1.5 oz chopped bacon
- 1 oz shredded cheddar cheese
- 1/8 c white onion
- 1/8 c green/red bell pepper
- 1/8 c mushroom
- 1/8 c spinach

CACFP/SFSP

Protein: 1 oz cheddar cheese/2 eggs Grain: 1 whole grain tortilla Vegetable: 1/2 cup vegetables*served with 1% 8 oz milk and 1/2 c fruit

Ground beef:

- 1 8" Whole grain tortilla
- 1 tsp butter
- 2 eggs
- 1 Tbs heavy cream
- 1.5 oz ground beef
- 1 oz shredded cheddar cheese
- 1/8 c white onion
- 1/8 c green/red bell pepper
- 1/8 c mushroom
- 1/8 c spinach

CACFP/SFSP

Protein: 1.5 oz ground beef/2 eggs Grain: 1 whole grain tortilla Vegetable: 1/2 c vegetables*served with 1% 8 oz milk and 1/2 c fruit

Vegetarian:

- 1 8" Whole grain tortilla
- 1 tsp butter
- 2 eggs
- 1 Tbs heavy cream
- 1 oz cubed potatoes
- 2 oz shredded cheddar cheese
- 1/8 c white onion
- 1/8 c green/red bell pepper
- 1/8 c mushroom
- 1/8 c spinach

CACFP/SFSP

Protein: 2 oz cheddar cheese/2 eggs Grain: 1 whole grain tortilla Vegetable: 1/2 c vegetables*served with 1% 8 oz milk and 1/2 c fruit

Fuego:

- 1 8" Whole grain tortilla
- 1 tsp butter
- 2 eggs
- 1 Tbs heavy cream
- 1.5 oz chorizo
- 1 oz shredded cheddar cheese
- 1 Tsp diced jalapeno *optional
- 1/8 c white onion
- 1/8 c green/red bell pepper
- 1/8 c mushroom
- 1/8 c spinach

CACFP/SFSP

Protein: 1.5 oz chorizo/2 eggs Grain: 1 whole grain tortilla Vegetable: ½ c vegetables*served with 1% 8 oz milk and ½ c fruit

Sides:

Fresh Fruit:

*Depends on fruit of the day/must come with children's meal (except over summer)

- ½ c sliced oranges
- ½ c sliced apples
- ½ c sliced watermelon
- ½ c sliced cantaloupe/honeydew
- ½ c grapes

Salsa roja/verde(30):

- 12 medium vine tomatoes/or tomatillos
- 4 Jalapeno peppers
- 2 poblano peppers
- 2 c green onion, diced
- 2 limes, juiced
- 2 c diced tomatoes
- 2 c fresh cilantro, chopped
- 4 cloves garlic, minced
- 2 Tbs chicken bouillon
- Sea salt to taste

Water bottles

The Lunchbox Menu (lunch or supper)

*All lunch/supper served with $\frac{3}{4}$ c fruit and 8 oz 1% milk

SANDWICHES:

Sourdough patty melt

- 2 slices Whole grain Sourdough bread
- 1 tsp butter
- 1 Tbs mayonnaise
- 1 slice white American cheese
- 4 oz lean ground beef
- 1 c mushrooms
- $\frac{1}{4}$ c white onion
- $\frac{1}{4}$ c green bell pepper

Grilled Cheese

- 2 slices whole grain sourdough bread
- 1 Tsp butter
- 1 Tbs mayonnaise
- 1 slice white American cheese
- 1 slice yellow cheddar cheese
- 1 slice Monterey jack cheese
- 1 slice gouda cheese
- *served with a $\frac{3}{4}$ cup of tomato soup

Turkey Club

- 2 slices whole grain sourdough bread
- 2 oz sliced turkey
- 2 slices bacon
- 1 slice Monterey jack cheese
- Chipotle aioli sauce ($\frac{1}{4}$ c red bell pepper, $\frac{1}{4}$ c chipotle peppers, $\frac{1}{4}$ c yellow onion, 2 oz mayo, 1 tsp lemon juice, 1 tsp garlic)
- 2 slices tomato
- 1 slice romaine lettuce

Meatball Sub

- 1 whole grain hoagie roll
- 4 1-oz lean ground beef meatballs (Italian breadcrumbs, parmesan cheese, egg, milk, yellow onion, mushrooms)
- Marinara sauce ($\frac{1}{8}$ c carrots, $\frac{1}{4}$ c red bell pepper, $\frac{1}{8}$ c mushroom, 3 oz marinara sauce, 1 tsp garlic)
- $\frac{1}{2}$ c grated parmesan
- 1 slice white American cheese

Roast Beef Au Jus Sandwich

- 1 whole grain hoagie roll
- 2 oz sliced roast beef
- 1 slice white American cheese
- $\frac{1}{4}$ c yellow onion
- $\frac{1}{2}$ c green bell pepper
- $\frac{1}{2}$ c Au Jus sauce (water, beef bouillon, low-sodium soy sauce, Worcestershire sauce, yellow onion, carrots, celery)

CACFP/SFSP

Protein: 4 oz lean ground beef Grain: 2 slices whole grain bread Vegetable: 1 c mushrooms + $\frac{1}{2}$ c onion, green bell pepper*served with 1% 8 oz milk and $\frac{3}{4}$ c fruit

CACFP/SFSP

Protein: 4 slices of cheese - American/cheddar/Monterey/gouda Grain: 2 slices whole grain bread Vegetable: $>\frac{3}{4}$ c carrots, red bell pepper, celery (tomato soup)*served with 1% 8 oz milk and $\frac{3}{4}$ c fruit

CACFP/SFSP

Protein: 2 oz sliced turkey Grain: 2 slices whole grain bread Vegetable: $>\frac{3}{4}$ c chipotle pepper, red bell pepper, lettuce, tomato*served with 1% 8 oz milk and $\frac{3}{4}$ c fruit

CACFP/SFSP

Protein: 4 oz lean ground beef Grain: 1 whole grain roll Vegetable: $>\frac{3}{4}$ c mushrooms, carrots, red bell pepper*served with 1% 8 oz milk and $\frac{3}{4}$ c fruit

CACFP/SFSP

Protein: 2 oz sliced roast beef Grain: 1 whole grain roll Vegetable: $\frac{3}{4}$ c carrots, green bell pepper, celery*served with 1% 8 oz milk and $\frac{3}{4}$ c fruit

SOUPS: *depends on soup of the day

Tomato Soup (50)

- 4 Tbs olive oil
- 6 c diced onion
- 1 bunch carrots, peeled and chopped
- 1 bunch celery, chopped
- 8 Red Bell pepper, diced
- 10 large tomatoes, chopped
- 2-49 oz cans reduced sodium chicken broth

Or homemade chicken broth

- 1-30 oz container pesto sauce
- Cream to taste
- *1 cup of soup served with ½ grilled cheese

Broccoli Cheddar soup (75)

- 1 quart onion, chopped
- 5 quarts broccoli, chopped
- 5 quarts cauliflower, chopped
- 3 Tbs garlic, chopped
- 8 quarts chicken stock
- 1/3 c nutritional yeast
- 9 lb shredded cheddar
- Cream to taste
- *served with 1 slice whole grain focaccia bread

Chicken Noodle Soup (72)

- 4 ½ Tbs butter
- 18 ribs celery, diced
- 30 large carrots
- 6 cloves garlic, minced
- 15 quarts chicken broth
- 15 c dry egg noodles
- 27 c shredded chicken
- 7 c chickpeas
- 5 c potatoes, chopped
- 1 slice whole grain focaccia

CACFP/SFSP

Protein: 2 oz American/ cheddar/ Monterey/ gouda cheese Grain: 1 slice whole grain bread
Vegetable: >¾ c carrots, red bell pepper, celery*served with 1% 8 oz milk and ¾ c fruit

CACFP/SFSP

Protein: 2 oz shredded cheddar cheese Grain: 1 slice whole grain bread
Vegetable: ¾ c broccoli + cauliflower*served with 1% 8 oz milk and ¾ c fruit

CACFP/SFSP

Protein: 2 oz shredded chicken + chickpeas Grain: 1 slice whole grain bread
Vegetable: ¾ c celery, carrots, potatoes*served with 1% 8 oz milk and ¾ c fruit

Sides:

Fresh Fruit

*Depends on fruit of the day/must come with children's meal (except over summer)

- ¾ c sliced oranges
- ¾ c sliced apples
- ¾ c sliced watermelon
- ¾ c sliced cantaloupe/honeydew
- ¾ c grapes

Walking Taco

- 1.5 oz whole grain sun chip bag
- 2 oz ground beef/ ¾ c minced mushroom
- garlic
- ½ c pinto beans
- 2 oz shredded cheddar or nacho cheese
- 1/8 c diced onion
- 1/8 c red/green bell pepper
- 1/8 c back olives
- 1/8 c pickled jalapeno
- 1 oz Crushed takis or hot Cheetos topping *Friday special*

CACFP/SFSP
*can be served as snack or meal Protein: 2 oz lean ground beef &/or ½ c pinto beans Grain: 1.5 oz whole grain chip Vegetable: ¾ c mushrooms (other toppings optional)*served with 1% 8 oz milk and ¾ c fruit

Water bottles

Sun chips: original, garden salsa, cheddar, French onion

Carrot sticks and ranch