

STUDENT MEAL PRICES
 Breakfast \$1.50 ■ Extra Milk \$.50
 Adult Breakfast \$2.00

All Breakfast Entrees are Whole Grain

**Be a Rising Star
 with a
 Healthy School Breakfast**

Breakfast is one of the most important meals of the day and is proven to contribute toward improved academic performance.





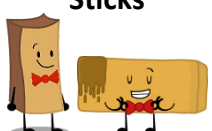







***School Breakfast is
 Fuel for Learning!***



Breakfast includes:

FRUIT Choose 1 or 2
 Fresh Fruit
 Fruit Cup
 100% Fruit Juice

MILK Choose 1
 1% Low Fat White Milk
 Non Fat White Milk

<p>3</p> 	<p>4</p>  <p>Pillsbury Chocolate Crescent</p>	<p>5</p> <p>Yogurt Parfait with Fruit and Crunchy Granola</p>	<p>6</p> <p>take time for school BREAKFAST</p> <p>French Toast Sticks</p>	<p>7</p> <p>Coffee Cake with Cinnamon Crumble</p>
<p>10</p> <p><i>Start the School Day right with BREAKFAST!</i></p> <p>Buttermilk Bar</p>	<p>11</p> <p>Cheese Omelet with Sunrise Bites</p> 	<p>12</p>  <p>Sunrise Bites</p>	<p>13</p> <p>French Toast Sticks</p> 	<p>14</p> <p>Blueberry Bagel with Cream Cheese</p> 
<p>17</p> <p>Great Earth Cinnamon Roll</p> 	<p>18</p> <p>Pillsbury Chocolate Crescent</p> 	<p>19</p> <p>Yogurt Parfait with Fruit and Crunchy Granola</p>	<p>20</p> <p>French Toast Sticks</p>	<p>21</p> <p>Coffee Cake with Cinnamon Crumble</p>
<p>24</p> <p>Buttermilk Bar</p>	<p>25</p> <p>Cheese Omelet with Sunrise Bites</p> 	<p>26</p>  <p>Sunrise Bites</p>	<p>27</p> <p><i>September Birthday Celebration Day</i></p> <p>Eggo Mini Confetti Pancakes</p> 	<p>28</p> <p>Blueberry Bagel with Cream Cheese</p> 

Daily Additional Entree Choice:

Cereal with Whole Grain Grahams (only Low Sugar Whole Grain Cereals are offered)

Elementary/K8 - September 2018 Lunch Menu

STUDENT MEAL PRICES

Lunch \$2.50 ■ Extra Milk \$.50
Adult Lunch \$3.25

All Lunch Entrees are Whole Grain

Our delicious meals provide essential vitamins and nutrients necessary for both learning and play time.

Our meals meet USDA required standards in fats, sugars and sodium, and provide servings of a variety of healthy fruits and vegetables.

The meals we serve are made in one of our school kitchens.

Please go to our website www.vallejostudentnutrition.com to see how.

Lunch Includes:

VEGETABLES Choose 1 or 2

Daily: Fresh Veggie Cup
Tossed Green Salad w/Dressing
Monday: Black Bean & Corn Salsa
Tuesday: Fresh Baby Carrots
Taco Pack or Pickle Pack
Wednesday: Fresh Celery Sticks
Thursday: Fresh Baby Carrots
Friday: Black Bean & Corn Salsa

FRUIT Choose 1

Fresh Fruit (Seasonal) Applesauce Cup
Fruit Cup Raisins
Also offered on Tuesdays/Thursdays:
100% Fruit Juice

MILK Choose 1

1% Low Fat White Milk OR
Non Fat Chocolate Milk

<p>3</p> 	<p>4</p> <p>Grilled Cheese Sandwich OR Arizona Gold Bean & Cheese Burrito</p> 	<p>5</p> <p>National Cheese Pizza Day</p> <p>Tony's Galaxy Cheese Pizza OR Wild Mike's Cheese Pizza</p>	<p>6</p> <p>Homestyle Macaroni & Cheese</p>  <p>OR Hot Dog on a Bun</p>	<p>7</p> <p>FACTUAL FRIDAY</p>  <p>Walking Nachos</p> <p>How many steps should a child take a day to stay healthy? 12,000 steps</p>
<p>10</p>  <p>Wild Mike's Cheese Pizza Wedge OR Chicken Corn Dog</p>	<p>11</p> <p>Build-a-Burger Day</p> <p>Your choice of: Hamburger OR Cheeseburger Topping Choices: Pickles, Lettuce, Tomato</p>	<p>12</p> <p>Tony's Galaxy Pepperoni Pizza</p>  <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>	<p>13</p> <p>Fruit Roll Up Fun Day</p> <p>Teriyaki Chicken Bowl with <i>Fortune Cookie</i> and <i>Fruit Roll Up</i> OR Garlic French Bread with Marinara Sauce and <i>Fruit Roll Up</i></p>	<p>14</p> <p>Crispy Chicken Tenders OR Border Bowl with Tostitos Scoops</p> 
<p>17</p> <p>Grilled Cheese Sandwich OR Arizona Gold Bean & Cheese Burrito</p> 	<p>18</p> <p>TACO TUESDAY</p> <p>Beef & Cheese Taco OR Chicken & Cheese Taco</p> 	<p>19</p> <p>Tony's Galaxy Pepperoni Pizza</p>  <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>	<p>20</p> <p>Homestyle Macaroni & Cheese OR Hot Dog on a Bun</p> 	<p>21</p> <p>International Peace Day</p>  <p>Walking Nachos</p>
<p>24</p>  <p>Wild Mike's Cheese Pizza Wedge OR Chicken Corn Dog</p>	<p>25</p> <p>Build-a-Burger Day</p> <p>Your choice of: Hamburger OR Cheeseburger Topping Choices: Pickles, Lettuce, Tomato</p>	<p>26</p> <p>Tony's Galaxy Pepperoni Pizza</p>  <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>	<p>27</p> <p>September Birthday Celebration Day</p> <p>Teriyaki Chicken Bowl with <i>Fortune Cookie</i> OR Garlic French Bread with Marinara Sauce Birthday Cake Cookies</p>	<p>28</p> <p>Crispy Chicken Tenders OR Border Bowl with Tostitos Scoops</p> 

Daily Additional Entrée Choices:

Peanut Butter & Jelly Sandwich ■ Sun Butter Cup with Grahams ■ Turkey & Cheese OR Turkey-Ham & Cheese Sandwich
Also available on Fridays: Colby Jack Cheese Sticks with Crackers