

Middle School Student Menus 2018-2019

All Breakfast & Lunch Entrees are Whole Grain

5 Star Breakfast Meal

★ Protein + ★ Grains = ENTRÉE
 ★ Fruit 1 ★ Fruit 2 ★ Milk

For a complete meal you must select a minimum of three ★'s.
 One ★ must be FRUIT.

Select ONE Entrée

FRUIT Select 1 or 2
 Fresh Fruit (Seasonal) Fruit Cup
 100% Fruit Juice

MILK Select 1
 1% Low Fat White Milk
OR Non Fat White Milk

Coffee Cake with Cinnamon Crumble Topping
 Pillsbury Chocolate Crescent ■ Ham & Cheese Breakfast Croissant
 Yogurt Parfait with Fruit & Crunchy Granola
 Pop Tarts ■ Cinnamon Roll ■ French Toast Sticks
 Cheese Omelet with Sunrise Bites
 Reduced Sugar Cereal with French Toast Goldfish Grahams

5 Star Lunch Meal Deal

Select ONE Entrée from one of the
5 SPECIALTY FOOD COURTS

VEGETABLES Select up to 2: Daily: Tossed Green Salad with Dressing ■ Fresh Veggie Cup ■ Fresh Baby Carrots ■ Pickle Pack ■ X-Treme Gusto Garlic Fries
Mondays/Fridays: Corn & Black Bean Salsa

FRUIT Select 1 Fresh Fruit (Seasonal) ■ Fruit Cup ■ Applesauce Cup ■ Raisins ■ 100% Fruit Juice
MILK Select 1 1% Low Fat White Milk ■ Non Fat Chocolate Milk ■ Non Fat White Milk

★ Protein + ★ Grains = ENTRÉE ★ Vegetables ★ Fruits ★ Milk
 For a complete meal you must select three ★'s. One ★ must be a VEGETABLE or FRUIT.

Menu is subject to change.
 Notice will be given if possible.

The Grill

Week 1	Western Cheeseburger with BBQ Sauce and Onion Ring	Chicken Tenders with Chocolate Chip Cookie
Week 2	Hot & Spicy Chicken Burger	Flame Broiled Cheeseburger

Big Daddy's Pizzeria

Week 1	Big Daddy's Cheese Pizza Slice	Big Daddy's Pepperoni Pizza Slice
Week 2	Big Daddy's Cheese Pizza Slice	Big Daddy's Pepperoni Pizza Slice

Asian Express

Week 1	Teriyaki Chicken Drumstick with Fried Rice	Spicy Korean BBQ Bahn Mi
Week 2	Curry Chicken with Rice	Mandarin Orange Chicken with Chow Mein

All Asian Entrees served with Fortune Cookie

Market Fresh Deli

Week 1	Chicken Caesar Salad with Chocolate Chip Cookie	Italian Sub	Peanut Butter & Jelly Sandwich
Week 2	Chicken Chipotle Wrap	Double Meat & Cheese Sandwich	Peanut Butter & Jelly Sandwich

Taqueria Del Sol

Week 1	Walking Nachos	Arizona Gold Bean & Cheese Burrito	Street Tacos
Week 2	Walking Nachos	Arizona Gold Bean & Cheese Burrito	Chicken Chile Verde Rice Burrito

STUDENT MEAL PRICES

Breakfast	-	\$ 1.75
Lunch	-	\$ 3.00
Extra Milk	-	\$.50

Our Middle Schools operate on a meal pre-payment system. Pre-payments for School Meals can be made one of two ways:

1. Pre-payments can be made online.
2. Pre-payments can be made at the school site.

We encourage parents to pre-pay online at MySchoolBucks.com. There is a \$2.49 transaction fee for all payments made within a single pre-payment transaction.

To set up a new account, go to:
MySchoolBucks.com

You will need the following:

- Student Name
- Student ID # --

This 8-digit number can be found on either the Student ID Card or the class schedule.

Vallejo City Unified School District Student Nutrition Services

665 Walnut Avenue
Vallejo, CA 94592
(707) 556-8921, ext. 50010
www.vallejo.k12.ca.us



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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for
Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

2018-2019



VALLEJO CITY
UNIFIED SCHOOL DISTRICT

*Hogan
Middle School*

*Solano
Middle School*

Student Menus



www.vallejostudentnutrition.com