

Franklin 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

Community Eligibility Provision

Great news for you
and your students!

All students enrolled
at Everest Academy
are eligible to receive
a healthy breakfast and
lunch at school each day
at **no charge** for the
2018-2019 school year.

Your child(ren) will be
able to participate in these
meal programs without
having to pay a fee or
submit a meal application.

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

Franklin Middle School

Student Menus



www.vallejostudentnutrition.com