

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

**Start Fresh Every Day
 with School Breakfast!**

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

Start Fresh Every Day with School Breakfast!				
			 French Toast Sticks	 GOOD MORNING!
5  Pop Tart	6  Cheese Omelet with Sunrise Bites	7  Yogurt with Sunrise Bites	8  Bonjour	9  Blueberry Bagel with Cream Cheese
12  VETERANS DAY No School	13  Pillsbury Chocolate Crescent	14  Yogurt Parfait with Fruit and Crunchy Granola	15  French Toast Sticks	16  wake up! School Breakfast
19  No School	20  No School	21  No School	22  HAPPY THANKSGIVING	23  No School
26  Great Earth Cinnamon Roll	27  Pillsbury Chocolate Crescent	28  Yogurt Parfait with Fruit and Crunchy Granola	29  Birthday Celebration Day Eggo Mini Confetti Pancakes	30  Coffee Cake with Cinnamon Crumble

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

Daily Additional Entree Choice:

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

Elementary/K8 Lunch Menu



November 2018

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

			1 Macaroni & Cheese  OR Hot Dog on a Bun	2  National Sandwich Day Pizza Sandwich OR Grilled Cheese Sandwich
5  Wild Mike's Cheese Pizza Wedge OR Max Sticks with Marinara Dipping Sauce	6 ELECTION DAY  Vote for your favorite school food! Build-a-Burger: Hamburger OR Cheeseburger	7 Tony's Galaxy Pepperoni Pizza  Pepperoni is a Beef/Turkey Blend - No Pork -	8 Spaghetti with Turkey Meatsauce  OR Chicken Alfredo	9 Beef Border Bowl with Tostitos Scoops  OR Arizona Gold Bean & Cheese Burrito
12 VETERANS DAY  No School	13 Grilled Cheese Sandwich  OR Chicken Corn Dog	14 Tony's Galaxy Pepperoni Pizza  Pepperoni is a Beef/Turkey Blend - No Pork -	15 Garlic French Bread with Marinara Dipping Sauce OR Teriyaki Chicken Bowl with <i>Fortune Cookie</i> 	16 FACTUAL FRIDAY  Did you know that Benjamin Franklin wanted the Turkey to be the National bird, not the Eagle? Walking Nachos
19  No School	20  No School	21  No School	22  HAPPY THANKSGIVING	23  No School
26 Grilled Cheese Sandwich  OR Chicken Corn Dog	27 TACO TUESDAY Beef & Cheese Taco OR Chicken & Cheese Taco  I ♥ TACOS	28 Tony's Galaxy Pepperoni Pizza  Pepperoni is a Beef/Turkey Blend - No Pork -	29 Birthday Celebration Day Birthday Cake Cookies Garlic French Bread with Marinara Dipping Sauce OR Teriyaki Chicken Bowl with <i>Fortune Cookie</i>	30 Walking Nachos 

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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