

Everest Academy



November - December 2018

Breakfast

All entrees are whole grain

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Great Earth Cinnamon Roll <i>Applesauce Cup</i>	Pillsbury Chocolate Crescent <i>Fresh Orange Slices</i>	Yogurt Parfait with Fruit and Crunchy Granola <i>Fresh Apple Slices</i>	French Toast Sticks <i>Fresh Banana</i>	Coffee Cake with Cinnamon Crumble Topping <i>Fruit Cup</i>
Week 2	Pop Tart <i>Applesauce Cup</i>	Cheese Omelet with Sunrise Bites <i>Fresh Orange Slices</i>	Yogurt with Sunrise Bites <i>Fresh Apple Slices</i>	Blueberry Bagel with Cream Cheese <i>Fresh Banana</i>	French Toast Sticks <i>Fruit Cup</i>

Lunch

All entrees are whole grain

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Walking Nachos	Western Cheeseburger Beef Steak Burger with BBQ Sauce and an Onion Ring	Big Daddy's Pepperoni Pizza <i>Pepperoni: Beef/Turkey Blend - No Pork -</i>	Teriyaki Chicken Drumstick with Fried Rice	Crispy Chicken Tenders with Chocolate Chip Cookie
Week 2	Walking Nachos	Flamebroiled Beef Steak Cheeseburger	Big Daddy's Pepperoni Pizza <i>Pepperoni: Beef/Turkey Blend - No Pork -</i>	Broccoli Beef with Rice	Big Daddy's Hawaiian Pizza <i>Made with Turkey-Ham - No Pork -</i>

Week 1 Dates:
November 12
November 26
December 10

Week 2 Dates:
November 5
December 3
December 17

Breakfast Side Items

FRUIT

100% Fruit Juice

MILK – Choose 1

1% Low Fat White Milk OR Non Fat White Milk

Lunch Side Items

VEGETABLES – Choose up to 2

- Monday: Tossed Green Salad with Dressing
Corn & Black Bean Salsa
- Tuesday: Tossed Green Salad with Dressing
Fresh Veggie Cup
- Wednesday: Tossed Green Salad with Dressing
Fresh Baby Carrots
- Thursday: Tossed Green Salad with Dressing
Fresh Veggie Cup
- Friday: Fresh Baby Carrots
Corn & Black Bean Salsa

FRUIT – Grades 6-8

- Monday: Fruit Cup
- Tuesday: 100% Fruit Juice
- Wednesday: Fresh Fruit
- Thursday: 100% Fruit Juice
- Friday: Fresh Fruit

FRUIT – Grades 9-12 – Choose up to 2

- Monday: Fruit Cup Fresh Fruit
- Tuesday: 100% Fruit Juice Raisins
- Wednesday: Fruit Cup Fresh Fruit
- Thursday: 100% Fruit Juice Fruit Cup
- Friday: Fresh Fruit Applesauce Cup

MILK – Choose 1

1% Low Fat White Milk OR Non Fat Chocolate Milk

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

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



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.

November - December
2018



VALLEJO CITY
UNIFIED SCHOOL DISTRICT

Everest Academy

Student Menus



www.vallejostudentnutrition.com