



# 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

Blueberry Bagel with Cream Cheese ■ French Toast Sticks

Cheese Omelet with Sunrise Bites ■ Cinnamon Roll

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.

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

**The Grill**

Week 1	Flame Broiled Cheeseburger	Buffalo Chicken Sandwich
Week 2	Hot & Spicy Chicken Burger	Western Cheeseburger with BBQ Sauce and Onion Ring

**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	Mandarin Orange Chicken with Chow Mein
Week 2	Broccoli Beef with Rice	Teriyaki Chicken with Rice

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 1	Taco Salad with Tortilla Rounds	Double Meat & Cheese Sandwich	Peanut Butter & Jelly Sandwich

**Taqueria Del Sol**

Week 1	Walking Nachos	Arizona Gold Bean & Cheese Burrito	Wet Burrito with Shredded Beef & Chile Verde Sauce
Week 1	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](http://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](http://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](http://www.vallejo.k12.ca.us)



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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](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](mailto: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](http://www.vallejostudentnutrition.com)