

Elementary/K8 December 2018 Breakfast Menu

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

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

3 Pop Tart 	4 Cheese Omelet with Sunrise Bites 	5 Yogurt with Sunrise Bites 	6 French Toast Sticks 	7 Blueberry Bagel with Cream Cheese 
10 Great Earth Cinnamon Roll 	11 Pillsbury Chocolate Crescent 	12 Yogurt Parfait with Fruit and Crunchy Granola 	13 French Toast Sticks <i>Bonjour</i>	14 Coffee Cake with Cinnamon Crumble GOOD MORNING!
17 Pop Tart 	18 Cheese Omelet with Sunrise Bites 	19 Yogurt with Sunrise Bites 	20 Birthday Celebration Day Eggo Mini Confetti Pancakes 	21 Blueberry Bagel with Cream Cheese 
24 No School	25 MERRY Christmas 	26 No School	27 No School	28 No School
30 No School	31 No School			

Menu 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 December Lunch Menu

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

3 Grilled Cheese Sandwich  OR Chicken Corn Dog	4 TACO TUESDAY Beef & Cheese Taco OR Chicken & Cheese Taco 	5 Tony's Galaxy Pepperoni Pizza  <i>Pepperoni is a Beef/Turkey Blend - No Pork -</i>	6 Garlic French Bread with Marinara Dipping Sauce OR Teriyaki Chicken Bowl with <i>Fortune Cookie</i> 	7 National Brownie Day  Walking Nachos
10  Cheese Pizza Wedge OR Max Sticks with Marinara Dipping Sauce	11 Build-a-Burger Day Your choice of: Hamburger OR Cheeseburger Topping Choices: Pickles, Lettuce, Tomato	12 Tony's Galaxy Pepperoni Pizza  <i>Pepperoni is a Beef/Turkey Blend - No Pork -</i>	13 Treat Thursday FRUIT ROLL UP Spaghetti with Turkey Meatsauce OR Chicken Alfredo	14 Beef Border Bowl with Tostitos Scoops  OR  Arizona Gold Bean & Cheese Burrito
17 Grilled Cheese Sandwich  OR Chicken Corn Dog	18 TACO TUESDAY Beef & Cheese Taco OR Chicken & Cheese Taco 	19 Tony's Galaxy Pepperoni Pizza  <i>Pepperoni is a Beef/Turkey Blend - No Pork -</i>	20 December Birthday Celebration Day Birthday Cake Cookies Teriyaki Chicken Bowl OR Garlic French Bread with Marinara Dipping Sauce	21 Walking Nachos 
24 No School	25 MERRY Christmas 	26 No School	27 No School	28 No School
30 No School	31 No School			

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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