

Everest Academy



January - February 2019

Breakfast

All entrees are whole grain

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	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>
Week 2	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>

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 Hawaiian Pizza <i>Made with Turkey-Ham - No Pork -</i>	Mandarin Orange Chicken with Chow Mein	Chicken Chile Verde and Rice Burrito

Week 1 Dates:

January 7
January 21
February 4
February 18

Week 2 Dates:

January 14
January 28
February 11
February 25

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



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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.

January – February
2019



VALLEJO CITY
UNIFIED SCHOOL DISTRICT

Everest Academy

Student Menus



www.vallejostudentnutrition.com