

Vallejo Adult Transition



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 – 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.

STUDENT MEAL PRICES

Breakfast	-	\$ 1.75
Lunch	-	\$ 3.00
Extra Milk	-	\$.50

Pre-payments for Meals:

Our Elementary/K8 Schools operate on a meal pre-payment system. Pre-payments for School Meals can be made in one of two ways:

- 1) Online at MySchoolBucks.com
- 2) At the school site

We encourage parents to pre-pay online at MySchoolBucks.com. There is a \$1.95 transaction fee for all payments made within a single pre-payment transaction.

To set up an account for your student(s), go to MySchoolBucks.com.

You will need:

- 1) Student Name
- 2) Student ID # -- can be found on the Student ID Card, class schedule, or from the Main Office.

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.

January – February
2019



VALLEJO CITY
UNIFIED SCHOOL DISTRICT

Vallejo Adult Transition

Student Menus



www.vallejostudentnutrition.com