



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 ■ Ranch 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 Dip with Chips	Chicken and Waffle Bites
Week 2	Hot & Spicy Chicken Burger	Western Cheeseburger with BBQ Sauce and Onion Ring	Nashville Hot Bites (Chicken)

Asian Express

Week 1	Mandarin Orange Chicken with Rice and Fortune Cookie
Week 2	Teriyaki Chicken Rice Bowl with Fortune Cookie

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

Market Fresh Deli

Week 1	Chicken Caesar Salad with Chocolate Chip Cookie	Italian Sub Sandwich	Peanut Butter & Jelly Sandwich
Week 2	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 2	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.

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

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



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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.

2018-2019



VALLEJO CITY
UNIFIED SCHOOL DISTRICT

Middle School

Student Menus



www.vallejostudentnutrition.com