

Everest Academy



August - October 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>	Cinnamon Toast Crunch Bar <i>Fruit Cup</i>
Week 2	Great Earth Cinnamon Roll <i>Applesauce Cup</i>	Cocoa Puff Bar <i>Fresh Orange Slices</i>	Yogurt Parfait with Fruit and Crunchy Granola <i>Fresh Apple Slices</i>	Ham & Cheese Breakfast Croissant <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	Flamebroiled Beef Steak Cheeseburger	Big Daddy's Pepperoni Pizza <i>Pepperoni: Beef/Turkey Blend - No Pork -</i>	Mandarin Orange Chicken with Rice and Fortune Cookie	NEW! Chicken Enchiladas
Week 2	Walking Nachos	Western Cheeseburger Beef Steak Burger with BBQ Sauce and Bacon	Big Daddy's Pepperoni Pizza <i>Pepperoni: Beef/Turkey Blend - No Pork -</i>	Teriyaki Chicken Rice Bowl and Fortune Cookie	NEW! Grilled Italian Melt

Week 1 Dates:

Aug. 19

Sept. 2, 16 & 30

Oct. 14 & 28

Week 2 Dates:

Aug. 26

Sept. 9 & 23

Oct. 7 & 21

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: Corn & Black Bean Salsa
Fresh Baby Carrots
- Tuesday: Tossed Green Salad with Dressing
Fresh Veggie Cup
- Wednesday: Tossed Green Salad with Dressing
Celery Sticks
- Thursday: Tossed Green Salad with Dressing
Fresh Veggie Cup
- Friday: Corn & Black Bean Salsa
Fresh Baby Carrots

FRUIT – Grades 6-8

- Monday: Applesauce Cup
- Tuesday: 100% Fruit Juice
- Wednesday: Fresh Fruit
- Thursday: 100% Fruit Juice
- Friday: Applesauce Cup

FRUIT – Grades 9-12 – Choose up to 2

- Monday: Applesauce Cup Fresh Fruit
- Tuesday: 100% Fruit Juice Fresh Fruit
- Wednesday: Fruit Cup Fresh Fruit
- Thursday: 100% Fruit Juice Raisins
- Friday: Applesauce Cup Fruit 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.

"This institution is an equal opportunity provider."

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
2019-2020 school year.

All Everest Academy
students 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.

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2019



VALLEJO CITY
UNIFIED SCHOOL DISTRICT

Everest Academy

Student Menus



www.vallejostudentnutrition.com