



# High School Student Menus 2019-2020

### 5 Star Breakfast Meal

**ENTRÉE** ★ Protein + ★ Grains  
 ★ Fruit 1 ★ Fruit 2 ★ Milk  
 For a complete meal you must select a minimum of three ★'s.  
 One ★ must be a ★ FRUIT.

### Choose ONE Entrée

**FRUIT** Choose 1 or 2  
 Fruit Cup ■ 100% Fruit Juice  
 Fresh Fruit (Seasonal)

**MILK** Choose 1  
 1% Low Fat White Milk  
**OR** Non Fat White Milk

Coffee Cake with Cinnamon Crumble Topping  
 Ham & Cheese Breakfast Croissant ■ Pop Tarts  
 Yogurt Parfait with Fruit & Crunchy Granola  
 Cinnamon Toast Crunch Bar ■ Cocoa Puffs Bar  
 Reduced Sugar Cereal with French Toast Goldfish Grahams  
 Cheese Omelet with Sunrise Bites ■ Cinnamon Roll  
 Sun Butter Cup with Grahams

### 5 Star Lunch Meal Deal

Choose ONE Entrée from one of the  
**5 SPECIALTY FOOD COURTS**

**ENTRÉE** ★ Protein + ★ Grains ★ Vegetables ★ Fruits ★ Milk  
 For a complete meal you must select three ★'s. One ★ must be a VEGETABLE or FRUIT.

**VEGETABLES** Choose 1 or 2: *Daily:* Tossed Green Salad with Dressing ■ Fresh Veggie Cup ■ Fresh Baby Carrots ■ Pickle Pack ■ Curly Fries  
*Mondays/Fridays:* Corn & Black Bean Salsa

**FRUIT** Choose 1 or 2 Fresh Fruit (Seasonal) ■ Fruit Cup ■ Applesauce Cup ■ Raisins ■ 100% Fruit Juice

**MILK** Choose 1 1% Low Fat White Milk ■ Non Fat Chocolate Milk ■ Non Fat White Milk

Menus are subject to change.  
 Notice will be given if possible.

<b>The Grill</b>	Week 1	Flame Broiled Cheeseburger	Nashville Chicken Hot Bites <b>NEW!</b>	Grilled Chicken Pesto Sandwich <b>NEW!</b>	<b>Asian Express</b>	Week 1	Mandarin Orange Chicken with Rice and Fortune Cookie	<b>Big Daddy's Pizzeria</b>	Week 1	Big Daddy's Cheese Pizza Slice	Big Daddy's Pepperoni Pizza Slice
	Week 2	Hot & Spicy Chicken Burger	Western Cheeseburger with BBQ Sauce and Bacon	Italian Melt Sandwich <b>NEW!</b>		Week 2	Teriyaki Chicken Rice Bowl and Fortune Cookie		Week 2	Big Daddy's Cheese Pizza Slice	Big Daddy's Pepperoni Pizza Slice

<b>Daily Additional Entree Choice</b>	<b>Daily Special</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Sun Butter Cup with Grahams	Big Daddy's Pizza Slice	Hawaiian Made with Turkey-Ham	Meat Lover's	Hawaiian Made with Turkey-Ham	Meat Lover's	Hawaiian Made with Turkey-Ham

<b>Market Fresh Deli</b>	Week 1	Chicken Caesar Salad with Chocolate Chip Cookie	Italian Sub Sandwich	Peanut Butter and Jelly Sandwich
	Week 2	Buffalo Chicken Salad <b>NEW!</b>	Double Meat and Cheese Sandwich	Peanut Butter and Jelly Sandwich

<b>Taqueria Del Sol</b>	Week 1	Walking Nachos	Arizona Gold Bean & Cheese Burrito	Chicken Enchiladas <b>NEW!</b>
	Week 2	Walking Nachos	Arizona Gold Bean & Cheese Burrito	Chicken Chile Verde & Rice Burrito

"This institution is an equal opportunity provider."

## 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](http://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](http://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](http://www.vallejo.k12.ca.us)



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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](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](mailto:program.intake@usda.gov).

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2019-2020



VALLEJO CITY  
UNIFIED SCHOOL DISTRICT

# Jesse Bethel High School

# Vallejo High School

## Student Menus



[www.vallejostudentnutrition.com](http://www.vallejostudentnutrition.com)