

John Finney High School



August - October 2019

Breakfast

All entrees are whole grain

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------------------------|----------------------------------|---|-----------------------------------|---|
| Week 1 | Pop Tart | Cheese Omelet with Sunrise Bites | Yogurt with Sunrise Bites | Blueberry Bagel with Cream Cheese | Cinnamon Toast Crunch Bar |
| Week 2 | Great Earth Cinnamon Roll | Cocoa Puff Bar | Yogurt Parfait with Fruit and Crunchy Granola | Ham & Cheese Breakfast Croissant | Coffee Cake with Cinnamon Crumble Topping |

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> | Teriyaki Chicken Rice Bowl with 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> | Mandarin Orange Chicken with Rice 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 – Choose up to 2

| | | |
|------------|---------------------|------------------|
| Monday: | Applesauce Cup | 100% Fruit Juice |
| Tuesday: | Fresh Orange Slices | 100% Fruit Juice |
| Wednesday: | Fresh Apple Slices | 100% Fruit Juice |
| Thursday: | Fresh Banana | 100% Fruit Juice |
| Friday: | Fruit Cup | 100% Fruit Juice |

MILK – Choose 1

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

Lunch Side Items

Daily Additional Entrée Choices:

Peanut Butter & Jelly Sandwich

Chicken Caesar Salad with Chocolate Chip Cookie

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 – 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.”

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



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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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VALLEJO CITY
UNIFIED SCHOOL DISTRICT

John Finney High School

Student Menus



www.vallejostudentnutrition.com