

# Farragut Academy

## Student Lunch Menu



August - October 2019

	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	<b>NEW!</b> Chicken Enchiladas
	<p><b>Week 1 Dates:</b>                      Aug. 19                      Sept. 2, 16 &amp; 30                      Oct. 14 &amp; 28</p>				

	Monday	Tuesday	Wednesday	Thursday	Friday
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	<b>NEW!</b> Grilled Italian Melt
	<p><b>Week 2 Dates:</b>                      Aug. 26                      Sept. 9 &amp; 23                      Oct. 7 &amp; 21</p>				

### Lunch Side Items

All Entrees are Whole Grain

**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** – 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."

## STUDENT MEAL PRICES

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](http://MySchoolBucks.com)
- 2) At the school site

We encourage parents to pre-pay online at [MySchoolBucks.com](http://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](http://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](http://www.vallejo.k12.ca.us)



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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](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



VALLEJO CITY  
UNIFIED SCHOOL DISTRICT

# Farragut Academy

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