



Everest Academy

November 2019 - February 2020

Breakfast

All entrees are whole grain

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Pop Tart <i>Applesauce Cup</i>	Chicken and Waffle Sliders <i>Fresh Orange Slices</i> NEW!	Yogurt Parfait with Fruit and Crunchy Granola <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>	Cinnamon Raisin Bagel with Cream Cheese <i>Fresh Banana</i>	Coffee Cake with Cinnamon Crumble Topping <i>Fruit Cup</i>

Breakfast Side Items

FRUIT

100% Fruit Juice

MILK – Choose 1

1% Low Fat White Milk OR Non Fat White Milk

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	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	Grilled Italian Melt

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 – 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.

Week 1 Dates:

November 4 & 18 December 9
January 6 & 20 February 3 & 17

Week 2 Dates:

November 11 December 2 & 16
January 13 & 27 February 10 & 24

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