



# Vallejo Adult Transition

November 2019 - February 2020

## Breakfast

All entrees are whole grain

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Pop Tart <i>Applesauce Cup</i>	Chicken and Waffle Sliders <i>Fresh Orange Slices</i> <b>NEW!</b>	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>
<b>Week 2</b>	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>

## Lunch

All entrees are whole grain

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	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
<b>Week 2</b>	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

<b>Week 1 Dates:</b>	
November 4 & 18	December 9
January 6 & 20	February 3 & 17

<b>Week 2 Dates:</b>	
November 11	December 2 & 16
January 13 & 27	February 10 & 24

**Student Meal Prices**  
Breakfast \$1.75 Lunch \$3.00  
Extra Milk \$ .50

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**Breakfast Side Items**

**FRUIT**  
100% Fruit Juice

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

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**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.

“This institution is an equal opportunity provider.”

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