



John Finney High School

November 2019 - February 2020

Student Meal Prices

Breakfast \$1.75

Lunch \$3.00

Extra Milk \$.50

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>

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

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

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

“This institution is an equal opportunity provider.”

www.vallejostudentnutrition.com

Menu is subject to change.
Notice will be given if possible.