

MENU

Middle Schools Spring Menu
Mar. 2 - Jun. 3, 2020

MEAL PRICES	
Breakfast	Students \$1.25 / Adults \$3.00
Lunch	Students \$2.75 / Adults \$4.50
Milk/Juice	\$0.35

Mon	Tue	Wed	Thu	Fri
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Breakfast includes the entrée and choice of fruit, 100% juice, and/or milk (1% or nonfat).

Breakfast

Available at all sites.













Pan Dulce Chilaquile Bowl Assorted Cereals Yogurt & Granola	Bagel & Cream Cheese Ham & Cheese Biscuit Assorted Cereals Very Berry Yogurt Parfait	Waffle Pizza Toast Assorted Cereals Yogurt & Granola	Banana Chocolate Chip Bread Sausage/Egg/Potato Burrito Assorted Cereals Very Berry Yogurt Parfait	Mini Cinnis Sausage & Cheese Griddle Assorted Cereals Yogurt & Granola
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Lunch

Roosevelt

WaveCrest Pizza  (cheese) Bean & Cheese Pupusa  Chicken Bites & Sun Chips Carnitas Salad	Korean BBQ Bowl Hand-Rolled Chicken Burrito Spicy Black Bean Burger  Chicken Taco Salad 	Bacon Cheeseburger  Italian Club Sandwich Chicken Tostada  Chicken Caesar Salad	Chicken Sandwich (reg or ) Cheesy Nachos  Spicy Black Bean Burger  Asian Coleslaw Salad 	WaveCrest Pizza  (cheese) Chicken Caesar Salad Wrap Fish Tacos Crispy Spicy Chicken Salad 
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Rancho Minerva (CEP)
&
Madison (CEP)

Korean BBQ Bowl Hand-Rolled Chicken Burrito Chicken Bites & Sun Chips Chicken Caesar Salad	WaveCrest Pizza  (cheese) Italian Club Sandwich Chicken Tostada  Chicken Taco Salad 	Bacon Cheeseburger  Bean & Cheese Pupusa  Spicy Black Bean Burger  Carnitas Salad	WaveCrest Pizza  (cheese) Cheesy Nachos  Chicken Caesar Salad Wrap Crispy Spicy Chicken Salad 	Chicken Sandwich (reg or ) Fish Tacos Spicy Black Bean Burger  Asian Coleslaw Salad 
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VIDA

WaveCrest Pizza  (cheese) Bean & Cheese Pupusa  Chicken Bites & Sun Chips Carnitas Salad	Korean BBQ Bowl Cheesy Nachos  Spicy Black Bean Burger  Crispy Spicy Chicken Salad 	Bacon Cheeseburger  Italian Club Sandwich Chicken Tostada  Chicken Caesar Salad	WaveCrest Pizza  (cheese) Hand-Rolled Chicken Burrito Chicken Caesar Salad Wrap Chicken Taco Salad 	Chicken Sandwich (reg or ) Fish Tacos Spicy Black Bean Burger  Asian Coleslaw Salad 
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Vista Magnet (CEP)

WaveCrest Pizza  (cheese) Bean & Cheese Pupusa  Chicken Bites & Sun Chips Carnitas Salad	Korean BBQ Bowl Cheesy Nachos  Spicy Black Bean Burger  Crispy Spicy Chicken Salad 	Bacon Cheeseburger  Italian Club Sandwich Chicken Tostada  Chicken Caesar Salad	WaveCrest Pizza  (cheese) Hand-Rolled Chicken Burrito Chicken Caesar Salad Wrap Chicken Taco Salad 	Chicken Sandwich (reg or ) Fish Tacos Spicy Black Bean Burger  Asian Coleslaw Salad 
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All meals are served with fresh fruits, 100% juice, choice of milk (1%, nonfat, or nonfat chocolate), and choice of entrée.

This institution is an equal opportunity provider. Menu subject to change.



- Seasoned Bean Burrito
- Smucker's Uncrustable PB&J
- Tuna & Crackers
- Fresh-Made Sub Sandwich
- Turkey & Cheese or Ham & Cheese Sub
- Veggie Protein Salad



Fresh, seasonal California-grown fruits offered each week:

Apples, grapes, kiwi, pears, oranges, persimmons, tangerines, dried fruit, and bananas.



Fresh vegetables offered each week:

Romaine lettuce, baby carrots, tomatoes, bell peppers, jicama, cucumber, fresh salsa, beans, spinach, broccoli, celery, peas, & corn.



HEALTH & LEARNING SUCCESS
GO HAND-IN-HAND

Eating fruits and vegetables helps your child grow, be healthy, and do well in school. Encourage your child to get 60 minutes of physical activity every day.

Child Nutrition Rules & Regulations Under USDA
To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable.

Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The middle school lunch meal provides 600-700 calories and the middle

school breakfast provides 400-550 calories based on a weekly average. Meals must contain less than 10% calories from saturated fat.