

MENU

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

MEAL PRICES	
Breakfast	Students \$1.50 / Adults \$3.00
Lunch	Students \$3.00 / 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

Mission Vista  
High School

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

Korean BBQ Bowl Italian Club Sandwich Chicken Bites & Sun Chips Chicken Caesar Salad	WaveCrest Pizza 🍷🌱 (cheese) Hand-Rolled Chicken Burrito 🍷 Bean & Cheese Pupusa 🍷🌱🌶️ Chicken Taco Salad 🍷	Bacon Cheeseburger 🍷 Cheesy Nachos 🍷🌱🌶️ Spicy Black Bean Burger 🌱🌶️ Carnitas Salad	WaveCrest Pizza 🍷🌱 (cheese) Chicken Tostada 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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Vista High  
School

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

Cheesy Nachos 🍷🍷🌱 Chicken Bites & Sun Chips Chicken Caesar Salad	WaveCrest Pizza 🍷🌱 (cheese) Chicken Tostada 🍷 Crispy Spicy Chicken Salad 🌶️	Bacon Cheeseburger 🍷 Hand-Rolled Chicken Burrito 🍷 Chicken Caesar Salad	Italian Club Sandwich Bean & Cheese Pupusa 🍷🌱🌶️ Crispy Spicy Chicken Salad 🌶️	Chicken Sandwich (reg or 🌶️) Fish Tacos Chicken Caesar 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

Take (At Least) 3  
of the 5 food components

1 of your choices must be:  
1/2 cup fruit or 1/2 cup vegetables.



5 Food  
Groups

① Fruit

② Veggies

③ Grains

④ Meats  
or meat alternatives  
yogurt or cheese

⑤ Milk



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  
beppers, jicama, cucumber, fresh salsa,  
beans, spinach, broccoli, celery & 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 high school lunch  
meal provides 750-850 calories and the high school

school breakfast provides 450-600 calories based  
on a weekly average. Meals must contain less than 10%  
calories from saturated fat.

