

Elementray Menu

November 2018



Breakfast: Fresh Baked Whole Grain Muffins, Bagel & Lite Cream Cheese, Fresh Baked Whole Grain Scones, Hot Ham & Cheese on Croissant, Pancakes, Reduced Sugar Cereal Cup with graham Cracker Fresh Fruit and Fat Free or 1% Low Fat Milk	Menu Symbols Lunch (V)...All Entrees in green are vegetarian. Blue entrees have pork in them (pepperoni has beef and pork).
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------

This Institution is an Equal Opportunity Provider
www.mvwsd.org

Lunch Menu

Breakfast	Lunch
Paid - \$2.50	Paid - \$3.50
Reduced - \$0.30	Reduced - \$0.40
Adults - \$3.00	Adults - \$4.50

For students with nut allergies, we do not serve peanut butter or nut-related products at any of our schools.

Monday	Tuesday	Wednesday	Thursday	Friday
Free/Reduced-priced Meal Applications Online: There is a simple way for you to apply for free & reduced meals for your students. Approval is quick & private. Go to the web site: EZMEALAPP.com, for our online meal application. Paper applications area available in your school office. We highly encourage you to pre pay for your meals online. Go to the web site: EZSCHOOLPAY.com. Please make sure you have your student ID #.			1-Nov Teriyaki Chicken Mixed Steamed Vegetables Steamed Rice Hard Boiled Egg Bento Box (V) Turkey & Cheese Sandwich 1% or Fat Free Milk	2-Nov Rigatoni Pasta Meatsauce Breadstick Grilled Cheese Sandwich (V) Turkey and Cheese Sandwich 1% or Fat Free Milk
5-Nov Breakfast For Lunch Crispy Chicken Leg & Waffles Smily Face Potatoes Cheese Stick w/ Dipping Sauce 1% or Fat Free Milk	6-Nov Chicken Soft Tacos Spanish Brown Rice Pilaf Fresh Pico de Gallo Cheese Quesadilla (V) Turkey Ranch Sprials 1% or Fat Free Milk	7-Nov Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) Turkey Ranch Sprials 1% or Fat Free Milk	8-Nov Broccoli Beef Steamed Rice Fortune Cookie Fruit & Yogurt Parfait w/ Honey Graham Cracker (V) Turkey Ranch Sprials 1% or Fat Free Milk	9-Nov Creamy Mac & Cheese(V) Breadstick Grilled Cheese Sandwich (V) Turkey Ranch Sprials 1% or Fat Free Milk
12-Nov 	13-Nov Breakfast For Lunch Pancakes & Turkey Sausage Smily Face Potatoes Cheese Sticks w/Dipping Sauce 1% or Fat Free Milk	14-Nov Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) Turkey & Cheese Sandwich 1% or Fat Free Milk	15-Nov Chicken Fried Rice Mixed Vegetables Fortune Cookie Hard Boiled Egg Bento Box (V) Turkey & Cheese Sandwich 1% or Fat Free Milk	16-Nov Chicken Alfredo Pasta Breadstick Grilled Cheese Sandwich (V) Turkey & Cheese Sandwich 1% or Fat Free Milk
19-Nov Breakfast For Lunch French Toast Turkey Sausage Hash Browns Cheese Stick w/ Dipping Sauce 1% or Fat Free Milk	20-Nov House Made Beef Chili & Cheese Bowl W/ Tortilla Chips Cheese Quesadilla (V) Hogie Sandwich 1% or Fat Free Milk			
26-Nov Breakfast For Lunch Pancakes & Turkey Sausage Smily Face Potatoes Cheese Stick w/ Dipping Sauce 1% or Fat Free Milk	27-Nov Chicken Nachos w/ WG Tortilla Chips Cheese Quesadilla (V) Ham & Cheese Sandwich 1% or Fat Free Milk	28-Nov Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) Ham & Cheese Sandwich 1% or Fat Free Milk	29-Nov Orange Chicken with Noodles, Vegetables Fortune Cookie Fruit & Yogurt Parfait w/ Honey Graham Cracker (V) Ham & Cheese Sandwich 1% or Fat Free Milk	30-Nov Rigatoni Pasta & Turkey Meatballs Breadstick Grilled Cheese Sandwich (V) Ham & Cheese Sandwich 1% or Fat Free Milk
MONDAY FAVORITE Chicken Breast Patty 	TUESDAY FAVORITE 100% Beef Charbroiled Burger 	WEDNESDAY FAVORITE Assorted Fresh Made Pizza 	THURSDAY FAVORITE 100 % all Beef Hot Dog 	FRIDAY FAVORITE Whole Grain Breast Meat

Favorites are served with the fresh side of the day, Vegetable/fruit Bar, and milk choice.

*You may qualify for free or reduced price meals.
 Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (650)903-6965.

November Seasonal Fruits and Vegetables
 Napa Valley Table Grapes, Broccoli, Cauliflower, Pears

A complete lunch includes an entree supplying protein, grain, vegetables, fruit and 1% or fat free milk. USDA requires that a student select 3 to 5 different components. A cold vegetable /fresh fruit bar is available daily, on which we feature a variety of veggies and fruits including locally grown when seasonally available. We offer deeply colored, nutrient-rich veggies including red/orange and dark green vegetables, as well as beans and other additional

