




















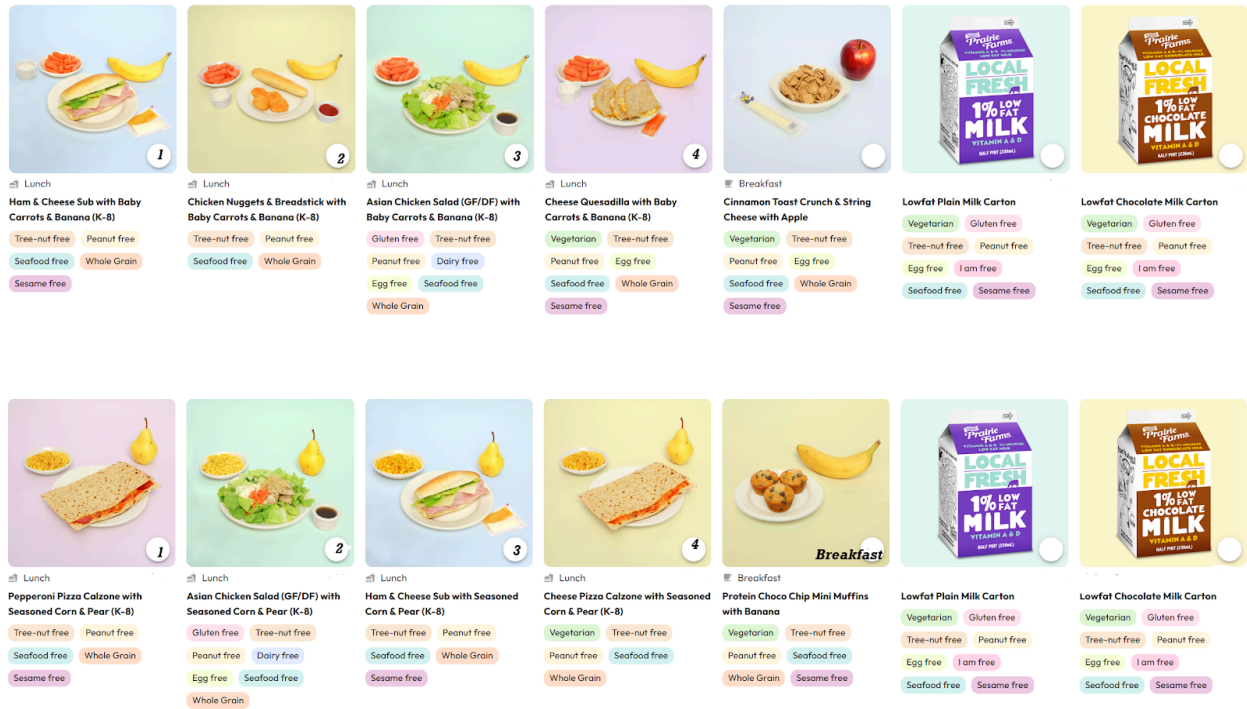


# Buena Vista Middle School Breakfast and Lunch Menu

Week of February 9th-13th (Free for Students)  
Menu created by Ordo - Made fresh daily - Main Street Bakery

 <p><b>1</b></p> <p>Lunch</p> <p>Asian Chicken Salad (GF/DF) with Baked Beans &amp; Apple (K-8)</p> <p>Gluten free Tree-nut free</p> <p>Peanut free Dairy free</p> <p>Egg free Seafood free</p> <p>Whole Grain</p>	 <p><b>2</b></p> <p>Lunch</p> <p>Ham &amp; Cheese Sub with Baked Beans &amp; Apple (K-8)</p> <p>Tree-nut free Peanut free</p> <p>Seafood free Whole Grain</p> <p>Sesame free</p>	 <p><b>3</b></p> <p>Lunch</p> <p>Grilled Cheese with Baked Beans &amp; Apple (K-8)</p> <p>Vegetarian Tree-nut free</p> <p>Peanut free Seafood free</p> <p>Whole Grain Sesame free</p>	 <p><b>4</b></p> <p>Lunch</p> <p>BBQ Pork Sandwich with Baked Beans &amp; Apple (K-8)</p> <p>Tree-nut free Peanut free</p> <p>Dairy free Egg free</p> <p>Seafood free Whole Grain</p> <p>Sesame free</p>	 <p><b>Breakfast</b></p> <p>English Muffin and Jam with Banana</p> <p>Vegetarian Tree-nut free</p> <p>Peanut free Dairy free</p> <p>Egg free Seafood free</p> <p>Whole Grain</p>	 <p><b>Lowfat Plain Milk Carton</b></p> <p>Vegetarian Gluten free</p> <p>Tree-nut free Peanut free</p> <p>Egg free I am free</p> <p>Seafood free Sesame free</p>	 <p><b>Lowfat Chocolate Milk Carton</b></p> <p>Vegetarian Gluten free</p> <p>Tree-nut free Peanut free</p> <p>Egg free I am free</p> <p>Seafood free Sesame free</p>
 <p><b>1</b></p> <p>Lunch</p> <p>Asian Chicken Salad (GF/DF) with Fresh Green Beans &amp; Orange Wedges (K-8)</p> <p>Gluten free Tree-nut free</p> <p>Peanut free Dairy free</p> <p>Egg free Seafood free</p> <p>Whole Grain</p>	 <p><b>2</b></p> <p>Lunch</p> <p>Edamame &amp; Veggie Fried Rice with Fresh Green Beans &amp; Orange Wedges (K-8)</p> <p>Vegetarian Tree-nut free</p> <p>Peanut free Dairy free Vegan</p> <p>Egg free Seafood free</p> <p>Whole Grain Sesame free</p>	 <p><b>3</b></p> <p>Lunch</p> <p>Chicken &amp; Veggie Fried Rice with Fresh Green Beans &amp; Orange Wedges (K-8)</p> <p>Tree-nut free Peanut free</p> <p>Dairy free Egg free</p> <p>Seafood free Whole Grain</p> <p>Sesame free</p>	 <p><b>4</b></p> <p>Lunch</p> <p>Ham &amp; Cheese Sub with Fresh Green Beans &amp; Orange Wedges (K-8)</p> <p>Tree-nut free Peanut free</p> <p>Seafood free Whole Grain</p> <p>Sesame free</p>	 <p><b>Breakfast</b></p> <p>Cheerios &amp; String Cheese with Pear</p> <p>Vegetarian Tree-nut free</p> <p>Peanut free Egg free I am free</p> <p>Seafood free Whole Grain</p> <p>Sesame free</p>	 <p><b>Lowfat Plain Milk Carton</b></p> <p>Vegetarian Gluten free</p> <p>Tree-nut free Peanut free</p> <p>Egg free I am free</p> <p>Seafood free Sesame free</p>	 <p><b>Lowfat Chocolate Milk Carton</b></p> <p>Vegetarian Gluten free</p> <p>Tree-nut free Peanut free</p> <p>Egg free I am free</p> <p>Seafood free Sesame free</p>
 <p><b>1</b></p> <p>Lunch</p> <p>Cheesy Baked Pasta with Steamed Broccoli &amp; Apple (K-8)</p> <p>Vegetarian Tree-nut free</p> <p>Peanut free Egg free</p> <p>Seafood free Whole Grain</p> <p>Sesame free</p>	 <p><b>2</b></p> <p>Lunch</p> <p>Ham &amp; Cheese Sub with Steamed Broccoli &amp; Apple (K-8)</p> <p>Tree-nut free Peanut free</p> <p>Seafood free Whole Grain</p> <p>Sesame free</p>	 <p><b>3</b></p> <p>Lunch</p> <p>Italian Meat Sauce over Penne with Steamed Broccoli &amp; Apple (K-8)</p> <p>Tree-nut free Peanut free</p> <p>Dairy free Egg free</p> <p>Seafood free Whole Grain</p> <p>Sesame free</p>	 <p><b>4</b></p> <p>Lunch</p> <p>Asian Chicken Salad (GF/DF) with Steamed Broccoli &amp; Apple (K-8)</p> <p>Gluten free Tree-nut free</p> <p>Peanut free Dairy free</p> <p>Egg free Seafood free</p> <p>Whole Grain</p>	 <p><b>Breakfast</b></p> <p>Whole Grain Snickerdoodle Muffin with Orange Wedges</p> <p>Vegetarian Tree-nut free</p> <p>Peanut free I am free</p> <p>Seafood free Whole Grain</p> <p>Sesame free</p>	 <p><b>Lowfat Plain Milk Carton</b></p> <p>Vegetarian Gluten free</p> <p>Tree-nut free Peanut free</p> <p>Egg free I am free</p> <p>Seafood free Sesame free</p>	 <p><b>Lowfat Chocolate Milk Carton</b></p> <p>Vegetarian Gluten free</p> <p>Tree-nut free Peanut free</p> <p>Egg free I am free</p> <p>Seafood free Sesame free</p>



All meals are prepared utilizing a novel approach developed and managed by Ordo Inc. All district meals are prepared by Main Street Bakery and Catering, located on South Main Street in Salinas, providing restaurant-quality healthy meals while supporting the local economy. The vast majority of meals are made from scratch daily, meet the strict USDA standards for the National School Lunch Program, and provide a superior experience compared to traditional, district-prepared meals. For more information, please contact Bernard Burchette, Chief Business Official, at [bburchette@susd.net](mailto:bburchette@susd.net) or 831-455-2550 x 333.