



Buena Vista Middle School Breakfast and Lunch Menu

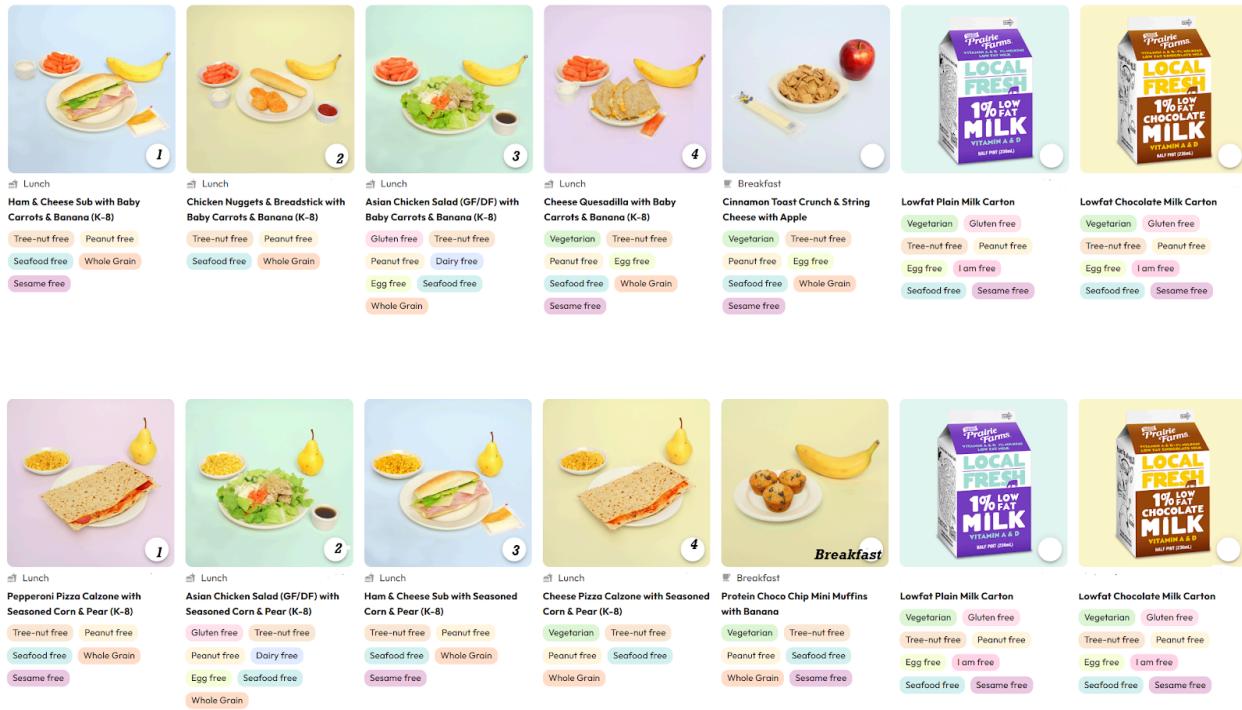
Week of February 9th-13th (Free for Students)

Menu created by Ordo - Made fresh daily - Main Street Bakery

1	2	3	4	Breakfast	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
Lunch	Lunch	Lunch	Lunch	Breakfast	Vegetarian	Vegetarian
Asian Chicken Salad (GF/DF) with Baked Beans & Apple (K-8)	Ham & Cheese Sub with Baked Beans & Apple (K-8)	Grilled Cheese with Baked Beans & Apple (K-8)	BBQ Pork Sandwich with Baked Beans & Apple (K-8)	English Muffin and Jam with Banana	Gluten free	Gluten free
Gluten free Tree-nut free	Tree-nut free Peanut free	Vegetarian Tree-nut free	Tree-nut free Peanut free	Vegetarian Tree-nut free	Peanut free	Peanut free
Peanut free Dairy free	Seafood free Whole Grain	Peanut free Seafood free	Dairy free Egg free	Peanut free	Dairy free	Dairy free
Egg free Seafood free	Sesame free	Whole Grain Sesame free	Seafood free Whole Grain	Egg free Seafood free	Egg free I am free	Egg free I am free
Whole Grain			Sesame free	Whole Grain	Seafood free Sesame free	Seafood free Sesame free

1	2	3	4	Breakfast	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
Lunch	Lunch	Lunch	Lunch	Breakfast	Vegetarian	Vegetarian
Asian Chicken Salad (GF/DF) with Fresh Green Beans & Orange Wedges (K-8)	Edamame & Veggie Fried Rice with Fresh Green Beans & Orange Wedges (K-8)	Chicken & Veggie Fried Rice with Fresh Green Beans & Orange Wedges (K-8)	Ham & Cheese Sub with Fresh Green Beans & Orange Wedges (K-8)	Cheerios & String Cheese with Pear	Gluten free	Gluten free
Gluten free Tree-nut free	Vegetarian Tree-nut free	Tree-nut free Peanut free	Tree-nut free Peanut free	Vegetarian Tree-nut free	Peanut free	Peanut free
Peanut free Dairy free	Peanut free Dairy free Vegan	Dairy free Egg free	Seafood free Whole Grain	Peanut free	Dairy free	Dairy free
Egg free Seafood free	Egg free Seafood free	Seafood free Whole Grain	Sesame free	Egg free I am free	Egg free I am free	Egg free I am free
Whole Grain	Whole Grain Sesame free	Sesame free		Seafood free Sesame free	Seafood free Sesame free	Seafood free Sesame free

1	2	3	4	Breakfast	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
Lunch	Lunch	Lunch	Lunch	Breakfast	Vegetarian	Vegetarian
Cheesy Baked Pasta with Steamed Broccoli & Apple (K-8)	Ham & Cheese Sub with Steamed Broccoli & Apple (K-8)	Italian Meat Sauce over Penne with Steamed Broccoli & Apple (K-8)	Asian Chicken Salad (GF/DF) with Steamed Broccoli & Apple (K-8)	Whole Grain Snickerdoodle Muffin with Orange Wedges	Gluten free	Gluten free
Vegetarian Tree-nut free	Tree-nut free Peanut free	Tree-nut free Peanut free	Gluten free Tree-nut free	Vegetarian Tree-nut free	Peanut free	Peanut free
Peanut free Egg free	Seafood free Whole Grain	Seafood free Whole Grain	Dairy free Egg free	Peanut free	Dairy free	Dairy free
Seafood free Whole Grain	Sesame free	Sesame free	Seafood free Whole Grain	Egg free Seafood free	Egg free I am free	Egg free I am free
Sesame free			Sesame free	Whole Grain	Seafood free Sesame free	Seafood free Sesame free



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 or 831-455-2550 x 333.