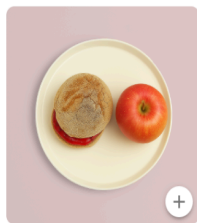




Buena Vista Middle School Breakfast and Lunch Menu

Week of December 1st-5th (Free for Students)
Menu created by Ordo - Made fresh daily - Main Street Bakery

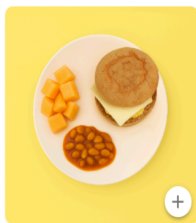
Mon, Dec 1



Breakfast

English Muffin and Jam with Fuji Apple

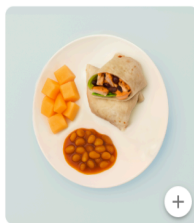
Vegetarian Tree-nut free
Peanut free Dairy free
Egg free Seafood free



Lunch

Egg & Cheese Sando with Baked Beans & Cantaloupe (K-8)

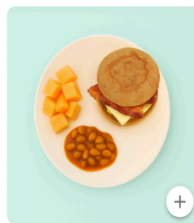
Vegetarian Tree-nut free
Peanut free Seafood free



Lunch

Chipotle Chicken Wrap with Baked Beans & Cantaloupe (K-8)

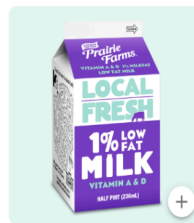
Tree-nut free Peanut free
Dairy free Seafood free
Whole Grain Sesame free



Lunch

Bacon, Egg & Cheese Sando with Baked Beans & Cantaloupe (K-8)

Tree-nut free Peanut free
Seafood free Whole Grain



Lowfat Plain Milk Carton

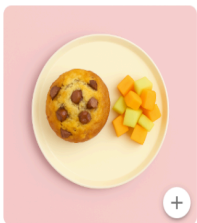
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free



Lowfat Chocolate Milk Carton

Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free

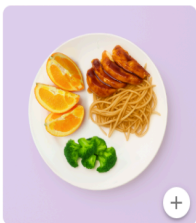
Tue, Dec 2



Breakfast

Housemade Banana Chip Muffin with Melon Medley

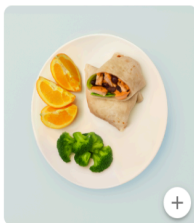
Vegetarian Tree-nut free
Peanut free Soy free
Seafood free Whole Grain
Sesame free



Lunch

Teriyaki Chicken & Stir-Fry Noodles with Steamed Broccoli & Orange Slices (K-8)

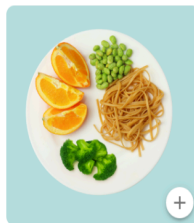
Tree-nut free Peanut free
Dairy free Egg free
Seafood free Whole Grain
Sesame free



Lunch

Chipotle Chicken Wrap with Steamed Broccoli & Orange Slices (K-8)

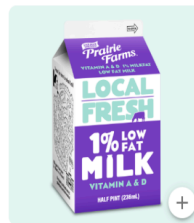
Tree-nut free Peanut free
Dairy free Seafood free
Whole Grain Sesame free



Lunch

Edamame & Stir-Fry Noodles with Steamed Broccoli & Orange Slices (K-8)

Vegetarian Tree-nut free
Peanut free Dairy free Vegan
Egg free Seafood free
Whole Grain Sesame free



Lowfat Plain Milk Carton

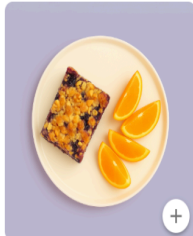
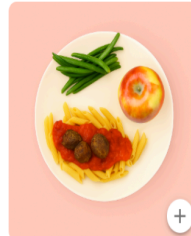
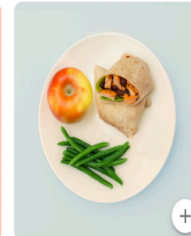
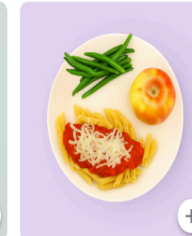


Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free




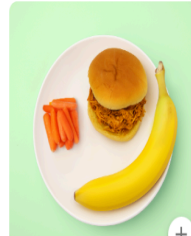
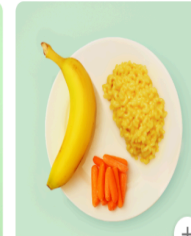
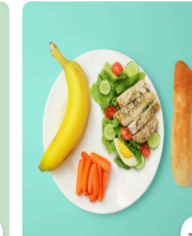


Lowfat Chocolate Milk Carton

Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free

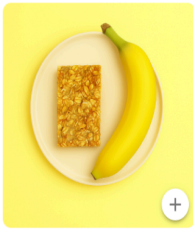
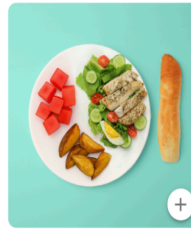
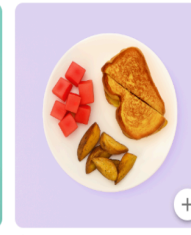
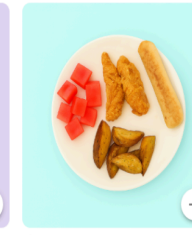

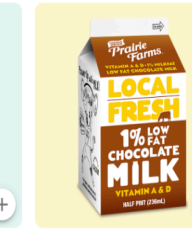
Wed, Dec 3

					
☰ Breakfast	☰ Lunch	☰ Lunch	☰ Lunch	☰ Lunch	☰ Lunch
Housemade Blueberry Granola Bar with Orange Slices	Italian Meatballs & Marinara Pasta with Steamed Green Beans & Fuji Apple (K-8)	Chipotle Chicken Wrap with Steamed Green Beans & Fuji Apple (K-8)	Cheesy Marinara Pasta with Steamed Green Beans & Fuji Apple (K-8)	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
Vegetarian Tree-nut free	Tree-nut free Peanut free	Tree-nut free Peanut free	Vegetarian Tree-nut free	Vegetarian Gluten free	Vegetarian Gluten free
Peanut free Soy free	Dairy free Seafood free	Dairy free Seafood free	Peanut free Soy free	Tree-nut free Peanut free	Tree-nut free Peanut free
Seafood free Whole Grain	Whole Grain Sesame free	Whole Grain Sesame free	Seafood free Sesame free	Egg free Soy free	Egg free Soy free
Sesame free				Seafood free Sesame free	Seafood free Sesame free

Thu, Dec 4

					
☰ Breakfast	☰ Lunch	☰ Lunch	☰ Lunch	☰ Lunch	☰ Lunch
Honey Grahams & Sunbutter Cup with Fuji Apple	BBQ Pork Sando with Baby Carrots & Banana (K-8)	Creamy Cheddar Mac with Baby Carrots & Banana (K-8)	Chicken Cobb Salad & Breadsticks with Baby Carrots & Banana (K-8)	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
Vegetarian Tree-nut free	Tree-nut free Peanut free	Vegetarian Tree-nut free	Tree-nut free Peanut free	Vegetarian Gluten free	Vegetarian Gluten free
Peanut free Soy free	Dairy free Egg free	Peanut free Egg free Soy free	Whole Grain	Tree-nut free Peanut free	Tree-nut free Peanut free
Seafood free Sesame free	Seafood free Whole Grain	Seafood free Whole Grain		Egg free Soy free	Egg free Soy free
		Sesame free		Seafood free Sesame free	Seafood free Sesame free
\$2.20	\$4.30	\$4.30	\$4.30	\$0.00	\$0.00

Fri, Dec 5

					
☰ Breakfast	☰ Lunch	☰ Lunch	☰ Lunch	☰ Lunch	☰ Lunch
Scratch-Made Maple Out Bar (Housemade) with Banana	Chicken Cobb Salad & Breadsticks with Potato Wedges & Watermelon (K-8)	Grilled Cheese with Potato Wedges & Watermelon (K-8)	Scratch-Made Chicken Tenders & Breadsticks with Potato Wedges & Watermelon (K-8)	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
Vegetarian Tree-nut free	Tree-nut free Peanut free	Vegetarian Tree-nut free	Tree-nut free Peanut free	Vegetarian Gluten free	Vegetarian Gluten free
Peanut free Soy free	Whole Grain	Peanut free Egg free	Whole Grain	Tree-nut free Peanut free	Tree-nut free Peanut free
Seafood free Whole Grain		Seafood free Whole Grain		Egg free Soy free	Egg free Soy free
Sesame free				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.