

# Buena Vista Middle School Breakfast and Lunch Menu

Week of January 26th - 30th (Free for Students)  
Menu created by Ordo - Made fresh daily - Main Street Bakery

Mon, Jan 26



Lunch

**Grilled Cheese with Baked Beans & Apple (K-8)**

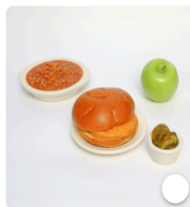
Vegetarian Tree-nut free  
Peanut free Seafood free  
Whole Grain Sesame free



Lunch

**Southwest Chicken Salad (GF/DF) with Baked Beans & Apple (K-8)**

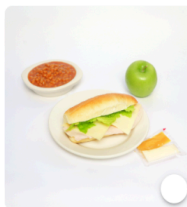
Gluten free Tree-nut free  
Peanut free Dairy free  
Egg free Soy free  
Seafood free Whole Grain  
Sesame free



Lunch

**Crispy Chicken Sandwich with Baked Beans & Apple (K-8)**

Tree-nut free Peanut free  
Seafood free Whole Grain



Lunch

**Turkey & Cheese Sub with Baked Beans & Apple (K-8)**

Tree-nut free Peanut free  
Seafood free Whole Grain



Breakfast

**English Muffin and Jam with Banana**

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



**Lowfat Plain Milk Carton**

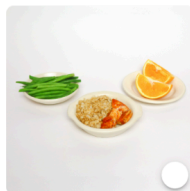
Vegetarian Gluten free  
Tree-nut free Peanut free  
Egg free Soy free  
Seafood free Sesame free



**Lowfat Chocolate Milk Carton**

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

Tue, Jan 27



Lunch

**Teriyaki Chicken & Garlic Sesame Brown Rice with Fresh Green Beans & Orange Wedges (K-8)**

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



Lunch

**Edamame & Garlic Sesame Brown Rice with Fresh Green Beans & Orange Wedges (K-8)**

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



Lunch

**Turkey & Cheese Sub with Fresh Green Beans & Orange Wedges (K-8)**

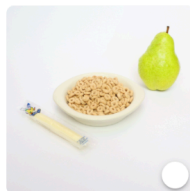
Tree-nut free Peanut free  
Seafood free Whole Grain



Lunch

**Southwest Chicken Salad (GF/DF) with Fresh Green Beans & Orange Wedges (K-8)**

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



Breakfast

**Cheerios & String Cheese with Pear**

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



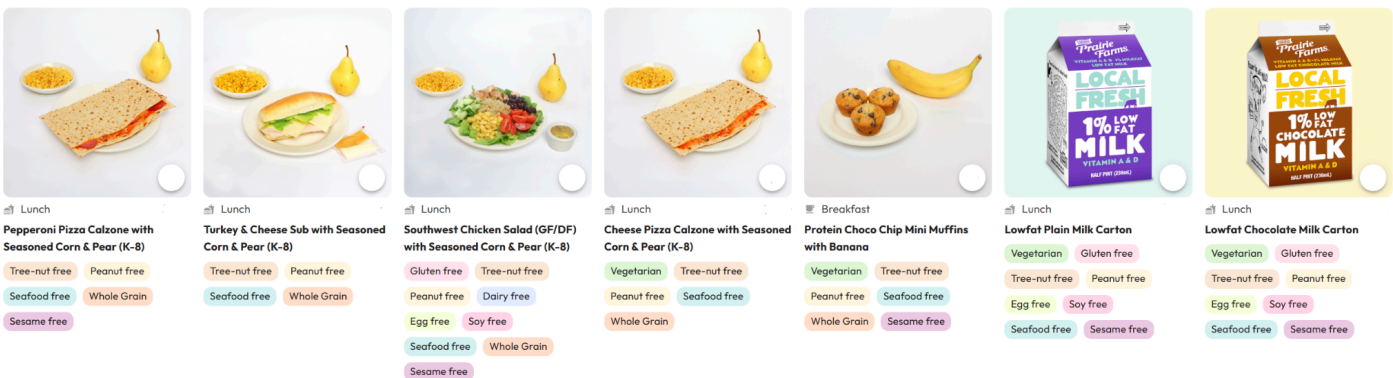
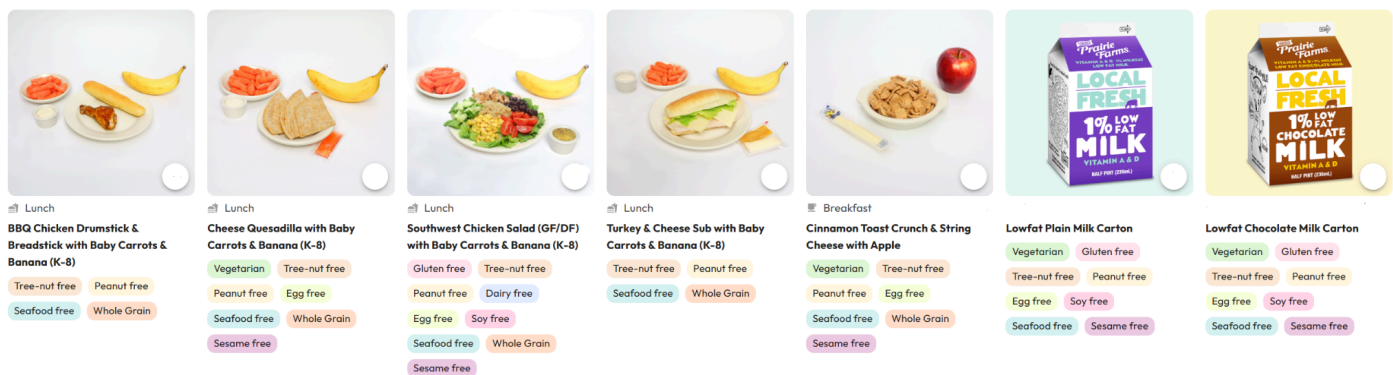
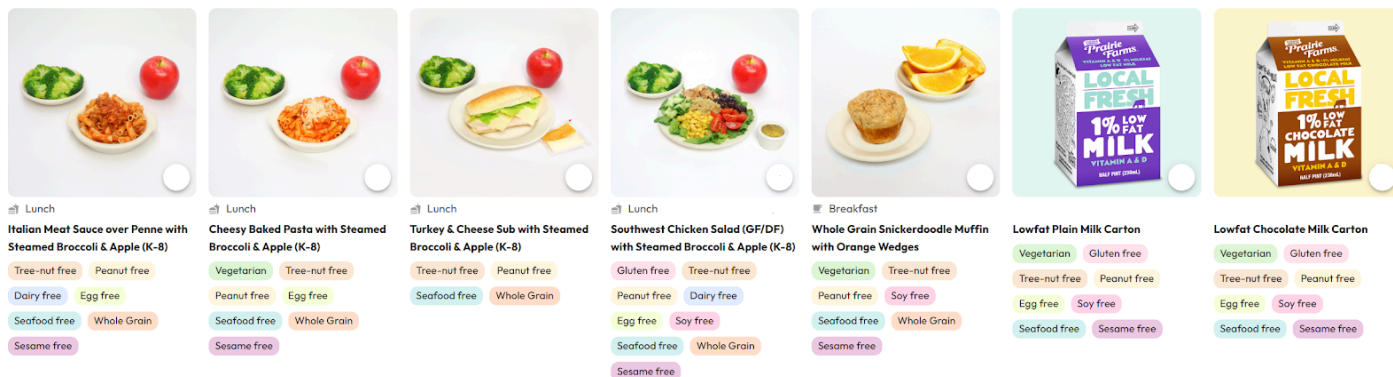
**Lowfat Plain Milk Carton**

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



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.