
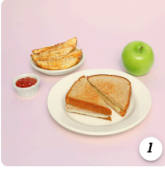








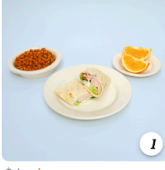





Buena Vista Middle School Breakfast and Lunch Menu

Week of February 2nd-6th (Free for Students)
Menu created by Ordo - Made fresh daily - Main Street Bakery



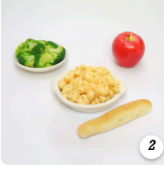
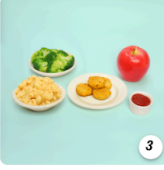
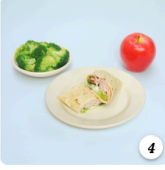


Monday, February 2nd

 Breakfast	 1	 2	 3	 4		
Breakfast Whole Grain Bagel & Cream Cheese with Banana Vegetarian Tree-nut free Peanut free Egg free Seafood free Whole Grain Sesame free	Lunch Grilled Cheese with Potato Wedges & Apple (K-8) Vegetarian Tree-nut free Peanut free Seafood free Whole Grain Sesame free	Lunch Cheeseburger with Potato Wedges & Apple (K-8) Tree-nut free Peanut free Gluten free Seafood free Whole Grain	Lunch Chicken Apple Salad (GF/DF) with Potato Wedges & Apple (K-8) Gluten free Tree-nut free Peanut free Dairy free Egg free Soy free Seafood free Whole Grain Sesame free	Lunch Turkey Bacon Wrap with Potato Wedges & Apple (K-8) Tree-nut free Peanut free Dairy free 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



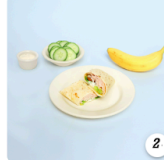



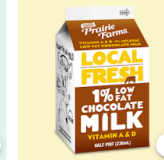
Tuesday, January 3th

 Breakfast	 1	 2	 3	 4		
Breakfast Cheerios & String Cheese with Pear Vegetarian Tree-nut free Peanut free Egg free Soy free Seafood free Whole Grain Sesame free	Lunch Turkey Bacon Wrap with Southwest Pinto Beans & Orange Wedges (K-8) Tree-nut free Peanut free Dairy free Egg free Seafood free Whole Grain Sesame free	Lunch Beef Soft Taco with Southwest Pinto Beans & Orange Wedges (K-8) Tree-nut free Peanut free Egg free Seafood free Whole Grain Sesame free	Lunch Cheese Quesadilla with Southwest Pinto Beans & Orange Wedges (K-8) Vegetarian Tree-nut free Peanut free Egg free Seafood free Whole Grain Sesame free	Lunch Chicken Apple Salad (GF/DF) with Southwest Pinto Beans & Orange Wedges (K-8) Gluten free Tree-nut free Peanut free Dairy 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


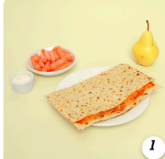


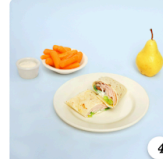


Wednesday, February 4th

 Breakfast	 1	 2	 3	 4		
Breakfast Whole Grain Blueberry Muffin with Orange Wedges Vegetarian Tree-nut free Peanut free Soy free Seafood free Whole Grain Sesame free	Lunch Chicken Apple Salad (GF/DF) with Steamed Broccoli & Apple (K-8) Gluten free Tree-nut free Peanut free Dairy free Egg free Soy free Seafood free Whole Grain Sesame free	Lunch Creamy Cheddar Mac & Breadstick with Steamed Broccoli & Apple (K-8) Vegetarian Tree-nut free Peanut free Seafood free Whole Grain	Lunch Chicken Nuggets & Creamy Cheddar Mac with Steamed Broccoli & Apple (K-8) Tree-nut free Peanut free Seafood free Whole Grain Sesame free	Lunch Turkey Bacon Wrap with Steamed Broccoli & Apple (K-8) Tree-nut free Peanut free Dairy free 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

Thursday, February 5th

 <p>Breakfast</p> <p>Cinnamon Toast Crunch & String Cheese with Apple</p> <p>Vegetarian Tree-nut free Peanut free Egg free Seafood free Whole Grain Sesame free</p>	 <p>Lunch</p> <p>Turkey Sausage & Cinnamon Pancakes with Cucumber Coins & Banana (K-8)</p> <p>Tree-nut free Peanut free Dairy free Egg free Egg free Seafood free Whole Grain Sesame free</p>	 <p>Lunch</p> <p>Turkey Bacon Wrap with Cucumber Coins & Banana (K-8)</p> <p>Tree-nut free Peanut free Dairy free Egg free Seafood free Whole Grain Sesame free</p>	 <p>Lunch</p> <p>Scrambled Egg & Cinnamon Pancakes with Cucumber Coins & Banana (K-8)</p> <p>Vegetarian Tree-nut free Peanut free Soy free Seafood free Whole Grain Sesame free</p>	 <p>Lunch</p> <p>Chicken Apple Salad (GF/DF) with Cucumber Coins & Banana (K-8)</p> <p>Gluten free Tree-nut free Peanut free Dairy free Egg free Soy free Seafood free Whole Grain Sesame free</p>	 <p>Lowfat Plain Milk Carton</p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>	 <p>Lowfat Chocolate Milk Carton</p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>
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Friday, February 6th

 <p>Breakfast</p> <p>Protein Choco Chip Mini Muffins with Banana</p> <p>Vegetarian Tree-nut free Peanut free Seafood free Whole Grain Sesame free</p>	 <p>Lunch</p> <p>Cheese Pizza Calzone with Baby Carrots & Pear (K-8)</p> <p>Vegetarian Tree-nut free Peanut free Seafood free Whole Grain</p>	 <p>Lunch</p> <p>Chicken Apple Salad (GF/DF) with Baby Carrots & Pear (K-8)</p> <p>Gluten free Tree-nut free Peanut free Dairy free Egg free Soy free Seafood free Whole Grain Sesame free</p>	 <p>Lunch</p> <p>BBQ Chicken Calzone with Baby Carrots & Pear (K-8)</p> <p>Tree-nut free Peanut free Seafood free Whole Grain</p>	 <p>Lunch</p> <p>Turkey Bacon Wrap with Baby Carrots & Pear (K-8)</p> <p>Tree-nut free Peanut free Dairy free Egg free Seafood free Whole Grain Sesame free</p>	 <p>Lowfat Plain Milk Carton</p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>	 <p>Lowfat Chocolate Milk Carton</p> <p>Vegetarian Gluten free Tree-nut free Peanut free Egg free Soy free Seafood free Sesame free</p>
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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.