

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	Lunch 1	Lunch 2	Lunch 3	Lunch 4	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
 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 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	Lunch 1	Lunch 2	Lunch 3	Lunch 4	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
 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	Lunch 1	Lunch 2	Lunch 3	Lunch 4	Lowfat Plain Milk Carton	Lowfat Chocolate Milk Carton
 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

Breakfast: Cinnamon Toast Crunch & String Cheese with Apple. **Lunch 1:** Turkey Sausage & Cinnamon Pancakes with Cucumber Coins & Banana (K-8). **Lunch 2:** Turkey Bacon Wrap with Cucumber Coins & Banana (K-8). **Lunch 3:** Scrambled Egg & Cinnamon Pancakes with Cucumber Coins & Banana (K-8). **Lunch 4:** Chicken Apple Salad (GF/DF) with Cucumber Coins & Banana (K-8). **Milk:** Local Fresh 1% Lowfat Milk and Local Fresh 1% Lowfat Chocolate Milk. **Breakfast:** Protein Choco Chip Mini Muffins with Banana.

Breakfast: Cinnamon Toast Crunch & String Cheese with Apple. **Lunch 1:** Turkey Sausage & Cinnamon Pancakes with Cucumber Coins & Banana (K-8). **Lunch 2:** Turkey Bacon Wrap with Cucumber Coins & Banana (K-8). **Lunch 3:** Scrambled Egg & Cinnamon Pancakes with Cucumber Coins & Banana (K-8). **Lunch 4:** Chicken Apple Salad (GF/DF) with Cucumber Coins & Banana (K-8). **Milk:** Local Fresh 1% Lowfat Milk and Local Fresh 1% Lowfat Chocolate Milk. **Breakfast:** Protein Choco Chip Mini Muffins with Banana.

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Breakfast: Cinnamon Toast Crunch & String Cheese with Apple. **Lunch 1:** Turkey Sausage & Cinnamon Pancakes with Cucumber Coins & Banana (K-8). **Lunch 2:** Turkey Bacon Wrap with Cucumber Coins & Banana (K-8). **Lunch 3:** Scrambled Egg & Cinnamon Pancakes with Cucumber Coins & Banana (K-8). **Lunch 4:** Chicken Apple Salad (GF/DF) with Cucumber Coins & Banana (K-8). **Milk:** Local Fresh 1% Lowfat Milk and Local Fresh 1% Lowfat Chocolate Milk. **Breakfast:** Protein Choco Chip Mini Muffins with Banana.

Friday, February 6th

Breakfast: Protein Choco Chip Mini Muffins with Banana. **Lunch 1:** Cheese Pizza Calzone with Baby Carrots & Pear (K-8). **Lunch 2:** Chicken Apple Salad (GF/DF) with Baby Carrots & Pear (K-8). **Lunch 3:** BBQ Chicken Calzone with Baby Carrots & Pear (K-8). **Lunch 4:** Turkey Bacon Wrap with Baby Carrots & Pear (K-8). **Milk:** Local Fresh 1% Lowfat Milk and Local Fresh 1% Lowfat Chocolate Milk. **Breakfast:** Protein Choco Chip Mini Muffins with Banana.

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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.