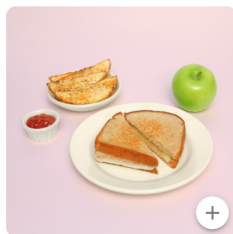




Buena Vista Middle School Breakfast and Lunch Menu

Week of March 2nd-6th (**Free for Students**) Includes a low fat chocolate or white milk.

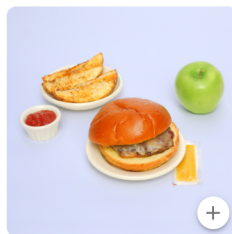
Menu created by Ordo - Made fresh daily



Lunch \$4.30

Grilled Cheese with Potato Wedges & Apple (K-8)

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



Lunch \$4.30

Cheeseburger with Potato Wedges & Apple (K-8)

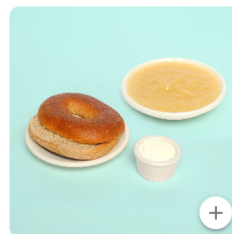
Peanut free Seafood free
Tree-nut free Egg free
Whole Grain



Breakfast \$2.20

Cereals & String Cheese with Applesauce

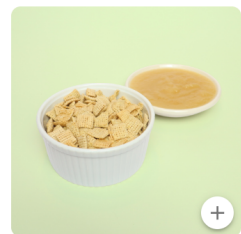
Peanut free Vegetarian
Seafood free Tree-nut free
Soy free Egg free Sesame free
Whole Grain



Breakfast \$2.20

Whole Grain Bagel & Cream Cheese with Applesauce

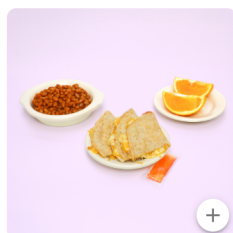
Peanut free Vegetarian
Seafood free Tree-nut free
Egg free Sesame free
Whole Grain



Breakfast \$2.20

Rice Chex with Applesauce

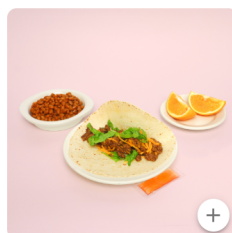
Vegan Peanut free Vegetarian
Gluten free Seafood free
Tree-nut free Soy free
Dairy free Egg free
Sesame free Whole Grain



Lunch \$4.30

Cheese Quesadilla with Southwest Pinto Beans & Orange Wedges (K-8)

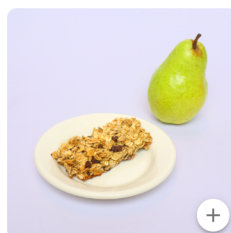
Peanut free Vegetarian
Seafood free Tree-nut free
Egg free Sesame free
Whole Grain



Lunch \$4.30

Beef Soft Taco with Southwest Pinto Beans & Orange Wedges (K-8)

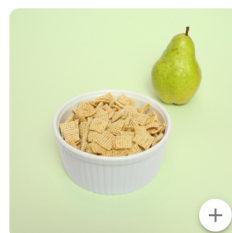
Peanut free Seafood free
Tree-nut free Egg free
Sesame free Whole Grain



Breakfast \$2.20

Housemade Choco Chip Granola Bar with Pear

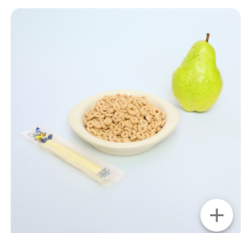
Peanut free Vegetarian
Seafood free Tree-nut free
Sesame free Whole Grain



Breakfast \$2.20

Rice Chex with Pear

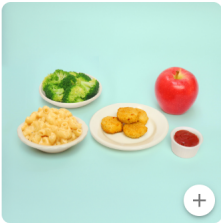
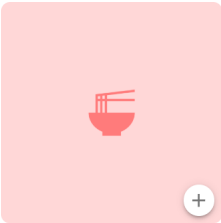
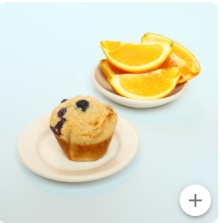
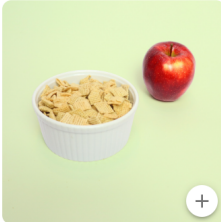
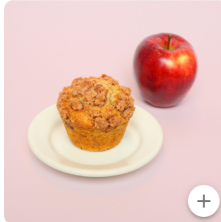
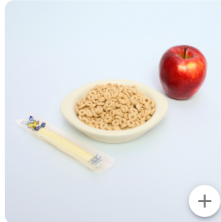
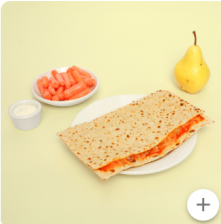
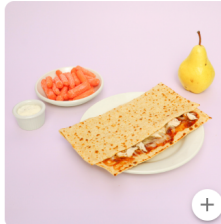
Vegan Peanut free Vegetarian
Gluten free Seafood free
Tree-nut free Soy free
Dairy free Egg free
Sesame free Whole Grain



Breakfast \$2.20

Cereals & String Cheese with Pear

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

 Chicken Nuggets & Creamy Cheddar Mac with Steamed Broccoli & Apple (K-8) Peanut free Seafood free Tree-nut free Egg free Sesame free Whole Grain	 Creamy Cheddar Mac & Whole Grain Roll with Steamed Broccoli & Apple (K-8) Peanut free Vegetarian Tree-nut free Whole Grain	 Cheerios & String Cheese with Orange Wedges Peanut free Vegetarian Seafood free Tree-nut free Soy free Egg free Sesame free Whole Grain	 Rice Chex with Orange Wedges Vegan Peanut free Vegetarian Gluten free Seafood free Tree-nut free Soy free Dairy free Egg free Sesame free Whole Grain	 Whole Grain Blueberry Muffin with Orange Wedges Peanut free Vegetarian Seafood free Tree-nut free Soy free Sesame free Whole Grain
 Turkey Sausage & Cinnamon Pancakes with Cucumber Coins & Banana (K-8) Peanut free Seafood free Tree-nut free Soy free Egg free Sesame free Whole Grain	 Scrambled Egg & Cinnamon Pancakes with Cucumber Coins & Banana (K-8) Peanut free Vegetarian Seafood free Tree-nut free Soy free Sesame free Whole Grain	 Rice Chex with Apple Peanut free Vegetarian Gluten free Seafood free Tree-nut free Soy free Dairy free Egg free Sesame free Whole Grain	 Whole Grain Cinnamon Crumb Muffin with Apple Peanut free Vegetarian Seafood free Tree-nut free Soy free Sesame free Whole Grain	 Cheerios & String Cheese with Apple Peanut free Vegetarian Seafood free Tree-nut free Soy free Egg free Sesame free Whole Grain
 Cheese Pizza Calzone with Baby Carrots & Pear (K-8) Peanut free Vegetarian Seafood free Tree-nut free Egg free Sesame free Whole Grain	 BBQ Chicken Calzone with Baby Carrots & Pear (K-8) Peanut free Seafood free Tree-nut free Egg free Sesame free Whole Grain	 Protein Choco Chip Mini Muffins with Banana Peanut free Vegetarian Seafood free Tree-nut free Sesame free Whole Grain	 Rice Chex with Banana Peanut free Vegetarian Gluten free Seafood free Tree-nut free Soy free Dairy free Egg free Sesame free Whole Grain	 Cheerios & String Cheese with Banana Peanut free Vegetarian Seafood free Tree-nut free Soy free Egg free Sesame free Whole Grain

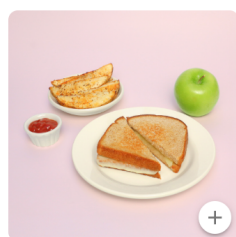
All meals are prepared utilizing a novel approach developed and managed by Ordo Inc. All district meals are prepared by Main Street Bakery and Catering, located on South Main Street in Salinas, providing restaurant-quality healthy meals while supporting the local economy. The vast majority of meals are 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.



Menú de desayuno y almuerzo de la Escuela Intermedia Buena Vista

Semana del 2 al 6 de marzo (Gratis para estudiantes) Incluye leche con chocolate o leche blanca baja en grasa.

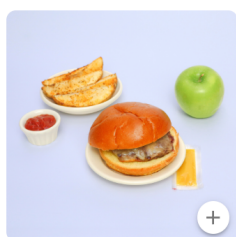
Menú creado por Ordo - Preparado diariamente - Panadería Main Street



Almuerzo \$4.30

Sándwich de queso a la plancha con patatas gajo y manzana (K-8)

Sin cacahuetes Vegetariano
Sin mariscos Sin frutos secos
Sin sésamo Grano integral



Almuerzo \$4.30

Hamburguesa con queso, patatas gajo y manzana (K-8)

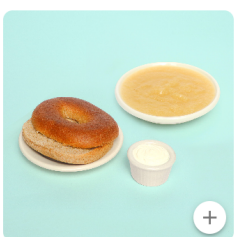
Sin cacahuetes Sin mariscos
Sin frutos secos Sin huevo
Grano integral



Desayuno \$2.20

Cheerios y queso en tiras con puré de manzana

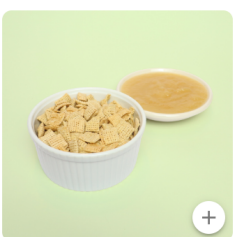
Sin cacahuetes Vegetariano
Sin mariscos Sin frutos secos
Soy free Sin huevo Sin sésamo
Grano integral



Desayuno \$2.20

Bagel integral con queso crema y puré de manzana

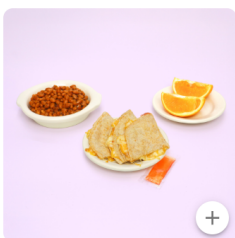
Sin cacahuetes Vegetariano
Sin mariscos Sin frutos secos
Sin huevo Sin sésamo
Grano integral



Desayuno \$2.20

Rice Chex con puré de manzana

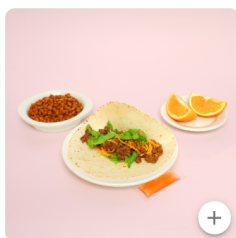
Vegano Sin cacahuetes
Vegetariano Sin gluten
Sin mariscos Sin frutos secos
Soy free Sin lácteos Sin huevo
Sin sésamo Grano integral



Almuerzo \$4.30

Quesadilla de queso con frijoles pintos del suroeste y gajos de naranja (K-8)

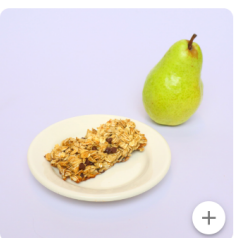
Sin cacahuetes Vegetariano
Sin mariscos Sin frutos secos
Sin huevo Sin sésamo
Grano integral



Almuerzo \$4.30

Taco suave de carne con frijoles pintos del suroeste y rodajas de naranja (K-8)

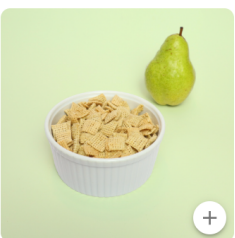
Sin cacahuetes Sin mariscos
Sin frutos secos Sin huevo
Sin sésamo Grano integral



Desayuno \$2.20

Barra de granola casera con chips de chocolate y pera

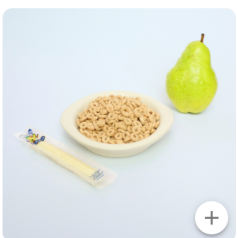
Sin cacahuetes Vegetariano
Sin mariscos Sin frutos secos
Sin sésamo Grano integral



Desayuno \$2.20

Arroz Chex con pera

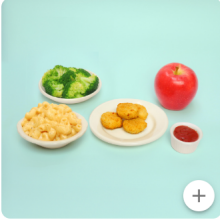
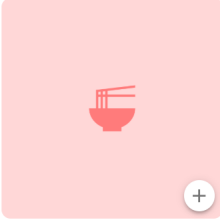
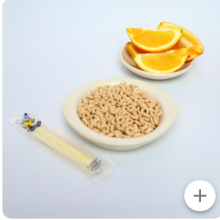
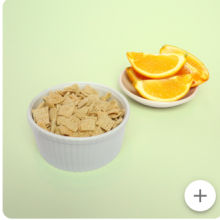
Vegano Sin cacahuetes
Vegetariano Sin gluten
Sin mariscos Sin frutos secos
Soy free Sin lácteos Sin huevo
Sin sésamo Grano integral



Desayuno \$2.20

Cheerios y queso en tiras con pera

Sin cacahuetes Vegetariano
Sin mariscos Sin frutos secos
Soy free Sin huevo Sin sésamo
Grano integral

 Almuerzo \$4.30 Nuggets de pollo y macarrones con queso cheddar cremoso, brócoli al vapor y manzana (K-8) Sin cacahuetes Sin mariscos Sin frutos secos Sin huevo Sin sésamo Grano integral	 Almuerzo \$4.30 Macarrones cremosos con queso cheddar y pan integral con brócoli al vapor y manzana (K-8) Sin cacahuetes Vegetariano Sin frutos secos Grano integral	 Desayuno \$2.20 Cheerios y queso en tiras con gajos de naranja Sin cacahuetes Vegetariano Sin mariscos Sin frutos secos Soy free Sin huevo Sin sésamo Grano integral	 Desayuno \$2.20 Rice Chex con gajos de naranja Vegano Sin cacahuetes Vegetariano Sin gluten Sin mariscos Sin frutos secos Soy free Sin lácteos Sin huevo Sin sésamo Grano integral	 Desayuno \$2.20 Muffin de arándanos integrales con gajos de naranja Sin cacahuetes Vegetariano Sin mariscos Sin frutos secos Soy free Sin sésamo Grano integral
 Almuerzo \$4.30 Panqueques de salchicha de pavo y canela con rodajas de pepino y plátano (K-8) Sin cacahuetes Sin mariscos Sin frutos secos Soy free Sin huevo Sin sésamo Grano integral	 Almuerzo \$4.30 Tortitas de huevo revuelto y canela con pepino y plátano (K-8) Sin cacahuetes Vegetariano Sin mariscos Sin frutos secos Soy free Sin sésamo Grano integral	 Desayuno \$2.20 Rice Chex con manzana Sin cacahuetes Vegetariano Sin gluten Sin mariscos Sin frutos secos Soy free Sin lácteos Sin huevo Sin sésamo Grano integral	 Desayuno \$2.20 Muffin de canela integral con manzana Sin cacahuetes Vegetariano Sin mariscos Sin frutos secos Soy free Sin sésamo Grano integral	 Desayuno \$2.20 Cheerios y queso en tiras con manzana Sin cacahuetes Vegetariano Sin mariscos Sin frutos secos Soy free Sin huevo Sin sésamo Grano integral
 Almuerzo \$4.30 Pizza calzone de queso con zanahorias baby y pera (K-8) Sin cacahuetes Vegetariano Sin mariscos Sin frutos secos Sin huevo Sin sésamo Grano integral	 Almuerzo \$4.30 Calzone de pollo a la barbacoa con zanahorias baby y pera (K-8) Sin cacahuetes Sin mariscos Sin frutos secos Sin huevo Sin sésamo Grano integral	 Desayuno \$2.20 Mini muffins proteicos de chocolate con chips y plátano Sin cacahuetes Vegetariano Sin mariscos Sin frutos secos Sin sésamo Grano integral	 Desayuno \$2.20 Rice Chex con plátano Sin cacahuetes Vegetariano Sin gluten Sin mariscos Sin frutos secos Soy free Sin lácteos Sin huevo Sin sésamo Grano integral	 Desayuno \$2.20 Cheerios y queso en tiras con plátano Sin cacahuetes Vegetariano Sin mariscos Sin frutos secos Soy free Sin huevo Sin sésamo Grano integral

Todas las comidas se preparan con un enfoque innovador desarrollado y administrado por Ordo Inc. Todas las comidas del distrito son preparadas por Main Street Bakery and Catering, ubicada en South Main Street en Salinas, que ofrece comidas saludables con calidad de restaurante y apoya la economía local. La gran mayoría de las comidas se preparan desde cero a diario, cumplen con los estrictos estándares del USDA para el Programa Nacional de Almuerzos Escolares y brindan una experiencia superior a las comidas tradicionales preparadas por el distrito. Para obtener más información, comuníquese con Bernard Burchette, Director de Negocios, en Bernard Burchette o al 831-455-2550 ext. 333