

# Buena Vista Middle School Breakfast and Lunch Menu

Week of January 12th-16th (Free for Students)  
Menu created by Ordo - Made fresh daily - Main Street Bakery

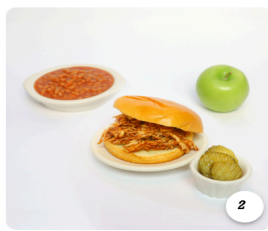
Monday, January 12th



Lunch

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

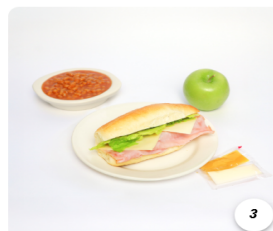
Vegetarian Tree-nut free  
Peanut free Seafood free  
Whole Grain Sesame free



Lunch

**BBQ Pork Sandwich with Baked Beans & Apple (K-8)**

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



Lunch

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

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

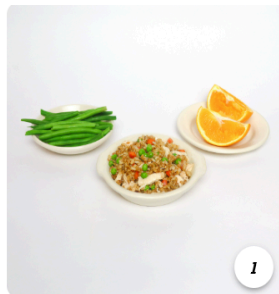


Breakfast

**Cinnamon Toast Crunch & String Cheese with Applesauce**

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

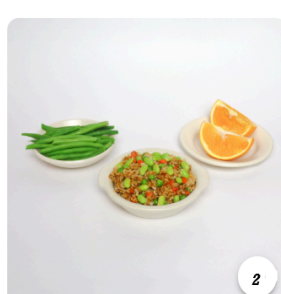
Tuesday, January 13th



Lunch

**Chicken & Veggie Fried Rice with Fresh Green Beans & Orange Wedges (K-8)**

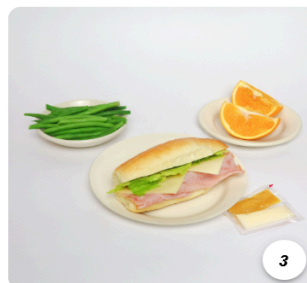
Tree-nut free Peanut free  
Dairy free Egg free  
Seafood free Whole Grain  
Sesame free



Lunch

**Edamame & Veggie Fried Rice with Fresh Green Beans & Orange Wedges (K-8)**

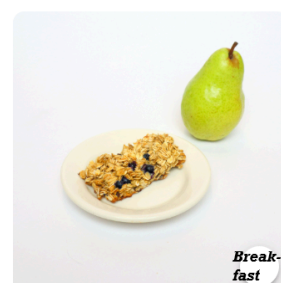
Vegetarian Tree-nut free  
Peanut free Dairy free Vegan  
Egg free Seafood free  
Whole Grain Sesame free



Lunch

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

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

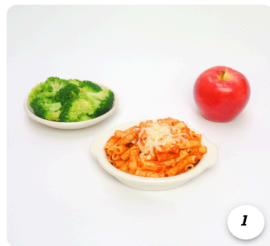


Breakfast

**Housemade Blueberry Granola Bar with Pear**

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

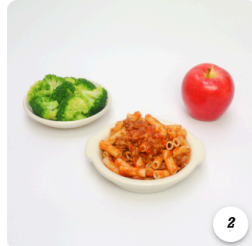
## Wednesday, January 14th



Lunch

**Cheesy Baked Pasta with Steamed Broccoli & Apple (K-8)**

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



Lunch

**Italian Meat Sauce over Penne with Steamed Broccoli & Apple (K-8)**

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



Lunch

**Ham & Cheese Sub with Steamed Broccoli & Apple (K-8)**

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

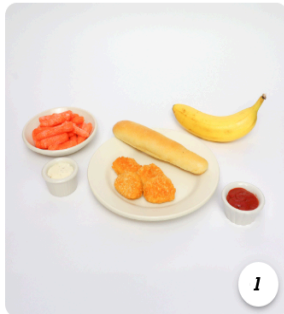


Breakfast

**Whole Grain Snickerdoodle Muffin with Orange Wedges**

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

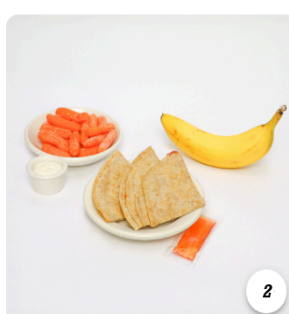
## Thursday, January 15th



Lunch

**Chicken Nuggets & Breadstick with Baby Carrots & Banana (K-8)**

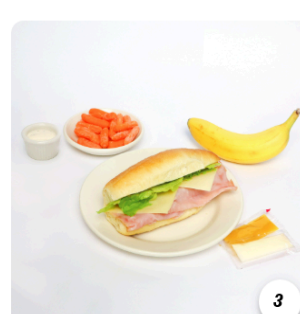
Tree-nut free Peanut free  
Seafood free Whole Grain



Lunch

**Cheese Quesadilla with Baby Carrots & Banana (K-8)**

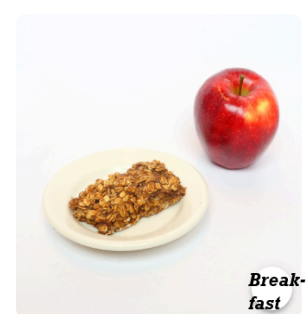
Vegetarian Tree-nut free  
Peanut free Egg free  
Seafood free Whole Grain  
Sesame free



Lunch

**Ham & Cheese Sub with Baby Carrots & Banana (K-8)**

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



Breakfast

**Housemade Maple Oat Bar with Apple**

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

## Friday, January 16th



Lunch

**Cheese Pizza Calzone with Seasoned Corn & Pear (K-8)**

Vegetarian Tree-nut free  
Peanut free Seafood free  
Whole Grain



Lunch

**Pepperoni Pizza Calzone with Seasoned Corn & Pear (K-8)**

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



Lunch

**Ham & Cheese Sub with Seasoned Corn & Pear (K-8)**

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




Breakfast

**Protein Choco Chip Mini Muffins with Banana**

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

All breakfast and lunches include a choice of white or chocolate milk



 Drinks

#### Lowfat Plain Milk Carton

Vegetarian

Gluten free

Tree-nut free

Peanut free

Egg free

Soy free

Seafood free

Sesame free



 Drinks

#### 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.