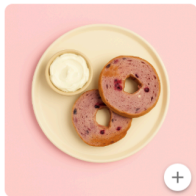


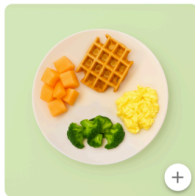
Buena Vista Middle School Breakfast and Lunch Menu

Week of December 8th-12th (Free for Students)
Menu created by Ordo - Made fresh daily - Main Street Bakery

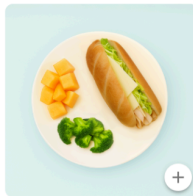
Mon, Dec 8



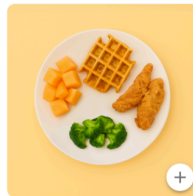
Breakfast
Blueberry Bagel & Cream Cheese with Fuji Apple
Vegetarian Tree-nut free
Peanut free Seafood free
Whole Grain



Lunch
Scrambled Eggs & Scratch-Made Waffle with Steamed Broccoli & Cantaloupe (K-8)
Vegetarian Tree-nut free
Peanut free Soy free
Seafood free Whole Grain
Sesame free



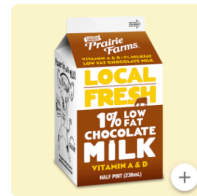
Lunch
Turkey & Cheese Sub with Steamed Broccoli & Cantaloupe (K-8)
Tree-nut free Peanut free
Seafood free Whole Grain



Lunch
Scratch-Made Crispy Chicken & Waffle with Steamed Broccoli & Cantaloupe (K-8)
Tree-nut free Peanut free
Whole Grain

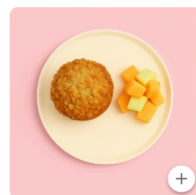


Lowfat Plain Milk Carton
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free

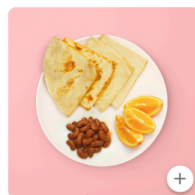


Lowfat Chocolate Milk Carton
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free

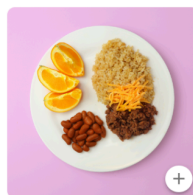
Tue, Dec 9



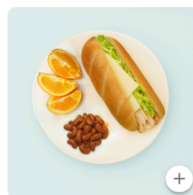
Breakfast
Housemade Cinnamon Apple Crumb Muffin with Melon Medley
Vegetarian Tree-nut free
Peanut free Soy free
Seafood free Whole Grain
Sesame free



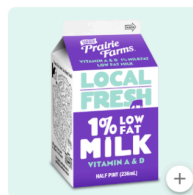
Lunch
Cheese Quesadilla with Mexi Pinto Beans & Orange Slices (K-8)
Vegetarian Tree-nut free
Peanut free Seafood free
Whole Grain Sesame free



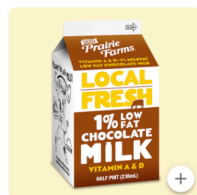
Lunch
Beef & Cheese Burrito Bowl with Mexican Pinto Beans & Orange Slices (K-8)
Gluten free Tree-nut free
Peanut free Egg free Soy free
Seafood free Whole Grain
Sesame free



Lunch
Turkey & Cheese Sub with Mexican Pinto Beans & Orange Slices (K-8)
Tree-nut free Peanut free
Seafood free Whole Grain

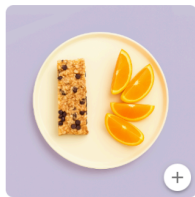


Lowfat Plain Milk Carton
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free



Lowfat Chocolate Milk Carton
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free

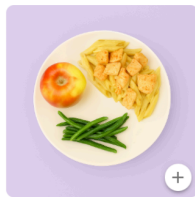
Wed, Dec 10



Breakfast

Housemade Choco Chip Granola Bar with Orange Slices

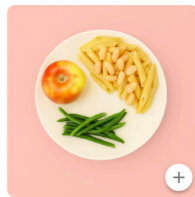
Vegetarian Tree-nut free
Peanut free Soy free
Seafood free Whole Grain
Sesame free



Lunch

Roasted Chicken & Alfredo Pasta with Steamed Green Beans & Fuji Apple (K-8)

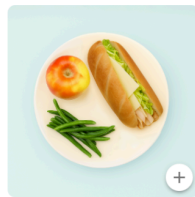
Tree-nut free Peanut free
Soy free Seafood free
Whole Grain Sesame free



Lunch

Alfredo Pasta & Italian White Beans with Steamed Green Beans & Fuji Apple (K-8)

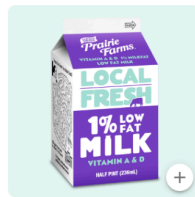
Vegetarian Soy free
Seafood free Whole Grain
Sesame free



Lunch

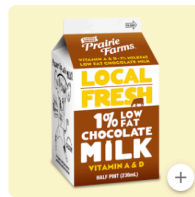
Turkey & Cheese Sub with Steamed Green Beans & Fuji Apple (K-8)

Tree-nut free Peanut free
Seafood free Whole Grain



Lowfat Plain Milk Carton

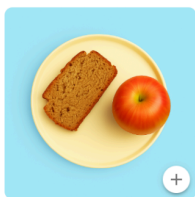
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free



Lowfat Chocolate Milk Carton

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

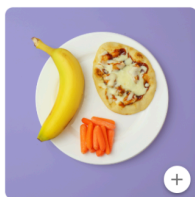
Thu, Dec 11



Breakfast

Housemade Glazed Cinnamon Bread with Fuji Apple

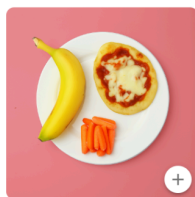
Vegetarian Tree-nut free
Peanut free Soy free
Seafood free Whole Grain
Sesame free



Lunch

BBQ Chicken Calzone with Baby Carrots & Banana (K-8)

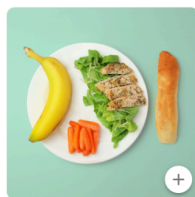
Tree-nut free Peanut free
Egg free Seafood free
Whole Grain



Lunch

Cheese Pizza Calzone with Baby Carrots & Banana (K-8)

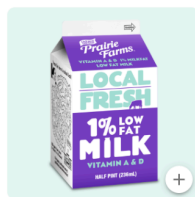
Vegetarian Tree-nut free
Peanut free Seafood free
Whole Grain Sesame free



Lunch

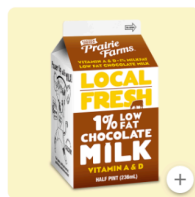
Chicken Caesar Salad & Breadsticks with Baby Carrots & Banana (K-8)

Vegetarian Tree-nut free
Peanut free Whole Grain



Lowfat Plain Milk Carton

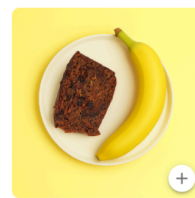
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free



Lowfat Chocolate Milk Carton

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

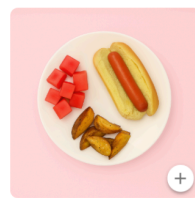
Fri, Dec 12



Breakfast

Housemade Chocolate Zucchini Bread with Banana

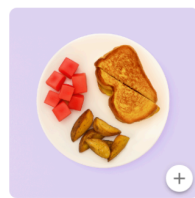
Vegetarian Tree-nut free
Peanut free Soy free
Seafood free Whole Grain
Sesame free



Lunch

100% Beef Hot Dog with Potato Wedges & Watermelon (K-8)

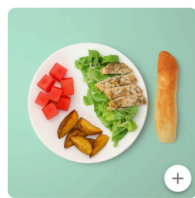
Tree-nut free Peanut free
Dairy free Egg free
Seafood free Whole Grain



Lunch

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

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



Lunch

Chicken Caesar Salad & Breadsticks with Potato Wedges & Watermelon (K-8)

Vegetarian Tree-nut free
Peanut 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

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.

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.