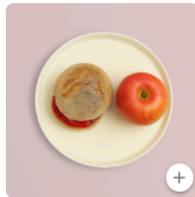




Buena Vista Middle School Breakfast and Lunch Menu

Week of November 17th-21st (Free for Students)
Menu created by Ordo - Made fresh daily - Main Street Bakery

Mon, Nov 17



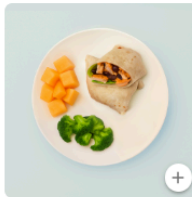
Breakfast

English Muffin and Jam with Fuji Apple

Vegetarian Tree-nut free

Peanut free Dairy free

Egg free Seafood free



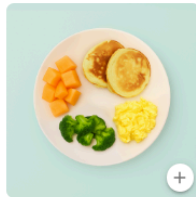
Lunch

Chipotle Chicken Wrap with Steamed Broccoli & Cantaloupe (K-8)

Tree-nut free Peanut free

Dairy free Seafood free

Whole Grain Sesame free



Lunch

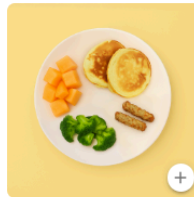
Scrambled Eggs & Cinnamon Pancakes with Steamed Broccoli & Cantaloupe (K-8)

Vegetarian Tree-nut free

Peanut free Soy free

Seafood free Whole Grain

Sesame free



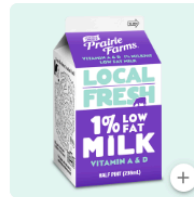
Lunch

Turkey Sausage & Cinnamon Pancakes with Steamed Broccoli & Cantaloupe (K-8)

Tree-nut free Peanut free

Seafood free Whole Grain

Sesame free



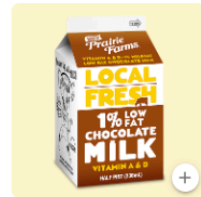
Lowfat Plain Milk Carton

Vegetarian Gluten free

Tree-nut free Peanut free

Egg free Soy free

Seafood free Sesame free



Lowfat Chocolate Milk Carton

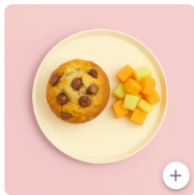
Vegetarian Gluten free

Tree-nut free Peanut free

Egg free Soy free

Seafood free Sesame free

Tue, Nov 18



Breakfast

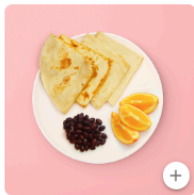
Housemade Banana Chip Muffin with Melon Medley

Vegetarian Tree-nut free

Peanut free Soy free

Seafood free Whole Grain

Sesame free



Lunch

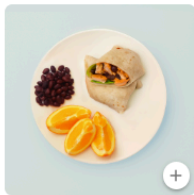
Cheese Quesadilla with Black Beans & Orange Slices (K-8)

Vegetarian Tree-nut free

Peanut free Egg free

Seafood free Whole Grain

Sesame free



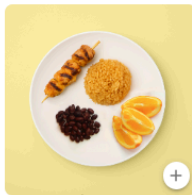
Lunch

Chipotle Chicken Wrap with Black Beans & Orange Slices (K-8)

Tree-nut free Peanut free

Dairy free Seafood free

Whole Grain Sesame free



Lunch

Mediterranean Chicken Kabob & Brown Rice with Black Beans & Orange Slices (K-8)

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

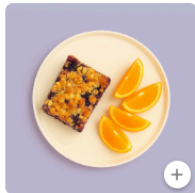
Vegetarian Gluten free

Tree-nut free Peanut free

Egg free Soy free

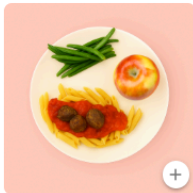
Seafood free Sesame free

Wed, Nov 19



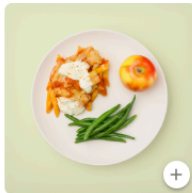
Breakfast
Housemade Blueberry Granola Bar with Orange Slices

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



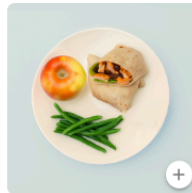
Lunch
Italian Meatballs & Marinara Pasta with Steamed Green Beans & Fuji Apple (K-8)

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



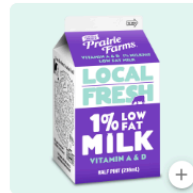
Lunch
Cheesy Baked Ziti with Steamed Green Beans & Fuji Apple (K-8)

Tree-nut free Peanut free



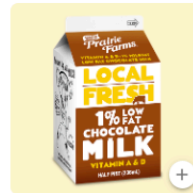
Lunch
Chipotle Chicken Wrap with Steamed Green Beans & Fuji Apple (K-8)

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



Lowfat Plain Milk Carton

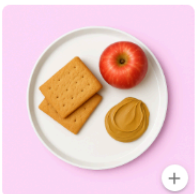
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free



Lowfat Chocolate Milk Carton

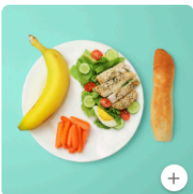
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free

Thu, Nov 20



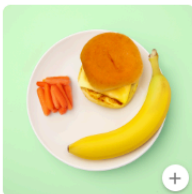
Breakfast
Honey Grahams & Sunbutter Cup with Fuji Apple

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



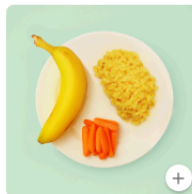
Lunch
Chicken Cobb Salad & Breadsticks with Baby Carrots & Banana (K-8)

Tree-nut free Peanut free
Whole Grain



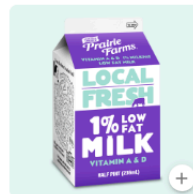
Lunch
Roasted Chicken & Cheddar Sando with Baby Carrots & Banana (K-8)

Tree-nut free Peanut free
Egg free Seafood free



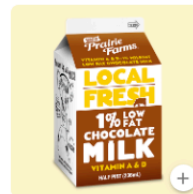
Lunch
Creamy Cheddar Mac with Baby Carrots & Banana (K-8)

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



Lowfat Plain Milk Carton

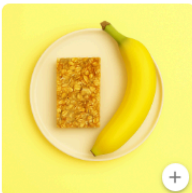
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free



Lowfat Chocolate Milk Carton

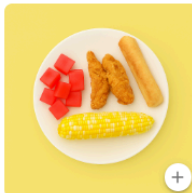
Vegetarian Gluten free
Tree-nut free Peanut free
Egg free Soy free
Seafood free Sesame free

Fri, Nov 21



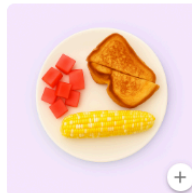
Breakfast
Scratch-Made Maple Oat Bar (Housemade) with Banana

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



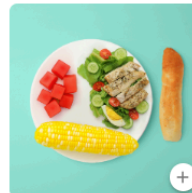
Lunch
Scratch-Made Chicken Tenders & Breadsticks with Corn on the Cob & Watermelon (K-8)

Tree-nut free Peanut free
Whole Grain



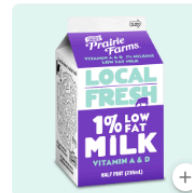
Lunch
Grilled Cheese with Corn on the Cob & Watermelon (K-8)

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



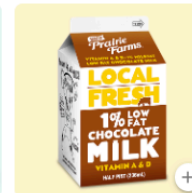
Lunch
Chicken Cobb Salad & Breadsticks with Corn on the Cob & Watermelon (K-8)

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

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.