



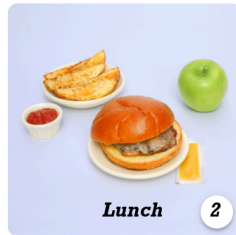
Buena Vista Middle School Breakfast and Lunch Menu

Week of April 27th- May 1st (Free for Students)

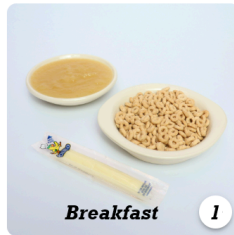
Menu created by Ordo - Made fresh daily - On the Roll Catering (Week1)



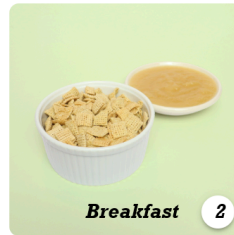
Lunch 1
 Lunch
Grilled Cheese with Potato Wedges & Apple (K-8)
 Peanut free Vegetarian
 Seafood free Tree-nut free
 Sesame free Whole Grain



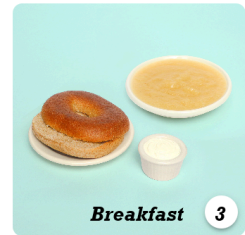
Lunch 2
 Lunch
Cheeseburger with Potato Wedges & Apple (K-8)
 Peanut free Seafood free
 Tree-nut free Egg free
 Whole Grain



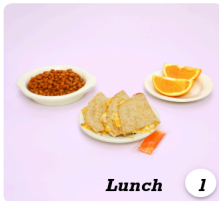
Breakfast 1
 Breakfast
Cheerios & String Cheese with Applesauce
 Peanut free Vegetarian
 Seafood free Tree-nut free
 Soy free Egg free Sesame free
 Whole Grain



Breakfast 2
 Breakfast
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



Breakfast 3
 Breakfast
Whole Grain Bagel & Cream Cheese with Applesauce
 Peanut free Vegetarian
 Seafood free Tree-nut free
 Soy free Egg free Sesame free
 Whole Grain



Lunch 1
 Lunch
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 2
 Lunch
Beef Soft Taco with Southwest Pinto Beans & Orange Wedges (K-8)
 Peanut free Seafood free
 Tree-nut free Egg free
 Sesame free Whole Grain



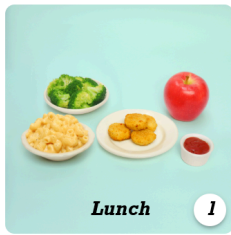
Breakfast 1
 Breakfast
Housemade Choco Chip Granola Bar with Pear
 Peanut free Vegetarian
 Seafood free Tree-nut free
 Sesame free Whole Grain



Breakfast 2
 Breakfast
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 3
 Breakfast
Cheerios & String Cheese with Pear
 Peanut free Vegetarian
 Seafood free Tree-nut free
 Soy free Egg free Sesame free
 Whole Grain

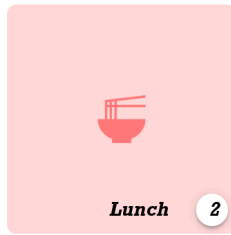


Lunch 1

☰ Lunch

Chicken Nuggets & Creamy Cheddar Mac with Steamed Broccoli & Apple (K-8)

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

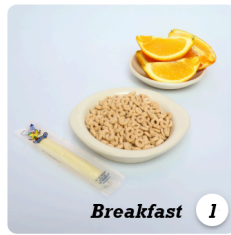


Lunch 2

☰ Lunch

Creamy Cheddar Mac & Whole Grain Roll with Steamed Broccoli & Apple (K-8)

Peanut free Vegetarian
Tree-nut free Whole Grain



Breakfast 1

☰ Breakfast

Cheerios & String Cheese with Orange Wedges

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

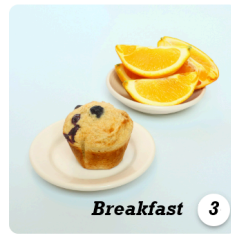


Breakfast 2

☰ Breakfast

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



Breakfast 3

☰ Breakfast

Whole Grain Blueberry Muffin with Orange Wedges

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



Lunch 1

☰ Lunch

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

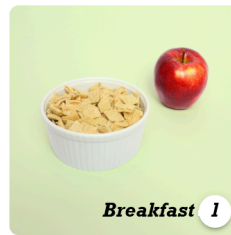


Lunch 2

☰ Lunch

Scrambled Egg & Cinnamon Pancakes with Cucumber Coins & Banana (K-8)

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



Breakfast 1

☰ Breakfast

Rice Chex with Apple

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

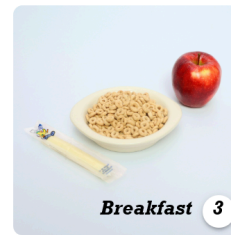


Breakfast 2

☰ Breakfast

Whole Grain Cinnamon Crumb Muffin with Apple

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

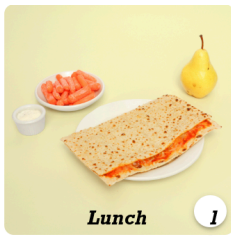


Breakfast 3

☰ Breakfast

Cheerios & String Cheese with Apple

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

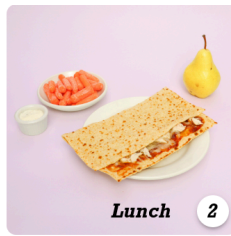


Lunch 1

☰ Lunch

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

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

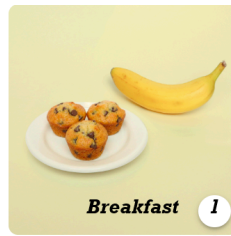


Lunch 2

☰ Lunch

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

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

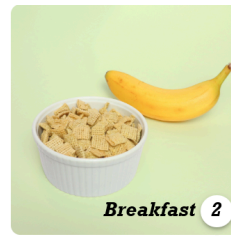


Breakfast 1

☰ Breakfast

Protein Choco Chip Mini Muffins with Banana

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

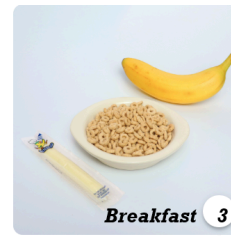


Breakfast 2

☰ Breakfast

Rice Chex with Banana

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



Breakfast 3

☰ Breakfast

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 On the Roll Catering.. 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 Secundaria Buena Vista

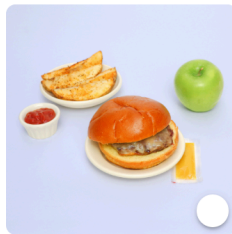
Semana del 27 de abril al 1 de mayo (Gratis para los estudiantes)
 Menú creado por Ordo — Preparado fresco a diario — On the Roll Catering (Semana 1)



Almuerzo

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

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

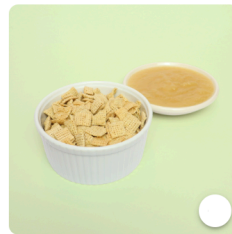
Sin cacahuetes Sin mariscos
 Sin frutos secos Sin huevo
 Grano integral



Desayuno

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

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



Desayuno

Bagel integral con queso crema y puré de manzana

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



Almuerzo

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

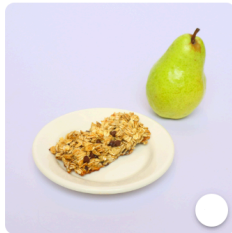
Sin cacahuetes Vegetariano
 Sin mariscos Sin frutos secos
 Sin huevo Sin sésamo
 Grano integral



Almuerzo

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

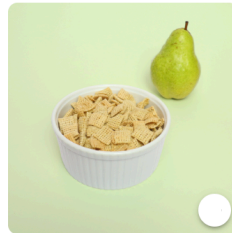
Sin cacahuetes Sin mariscos
 Sin frutos secos Sin huevo
 Sin sésamo Grano integral



Desayuno

Barra de granola casera con chips de chocolate y pera

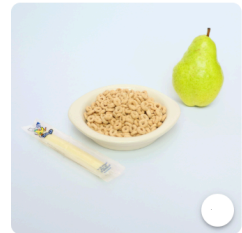
Sin cacahuetes Vegetariano
 Sin mariscos Sin frutos secos
 Sin sésamo Grano integral



Desayuno

Arroz Chex con pera

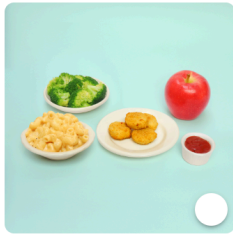
Vegano Sin cacahuetes
 Vegetariano Sin gluten
 Sin mariscos Sin frutos secos
 Soy free Sin lácteos Sin huevo
 Sin sésamo Grano integral



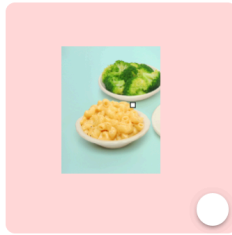
Desayuno

Cheerios y queso en tiras con pera

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



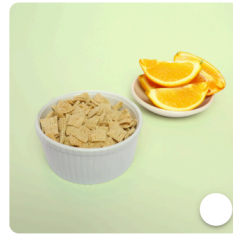
Almuerzo
Nuggets de pollo y macarrones con queso cheddar cremoso, brócoli al vapor y manzana (K-8)
 Sin cacahuetes Sin mariscos
 Sin frutos secos Sin huevo
 Sin sésamo Grano integral



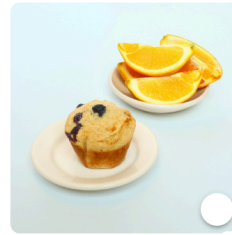
Almuerzo
Macarrones cremosos con queso cheddar y pan integral con brócoli al vapor y manzana (K-8)
 Sin cacahuetes Vegetariano
 Sin frutos secos Grano integral



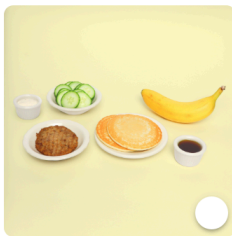
Desayuno
Cheerios y queso en tiras con gajos de naranja
 Sin cacahuetes Vegetariano
 Sin mariscos Sin frutos secos
 Soy free Sin huevo Sin sésamo
 Grano integral



Desayuno
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



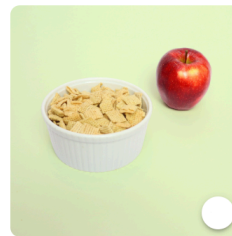
Desayuno
Muffin de arándanos integrales con gajos de naranja
 Sin cacahuetes Vegetariano
 Sin mariscos Sin frutos secos
 Soy free Sin sésamo
 Grano integral



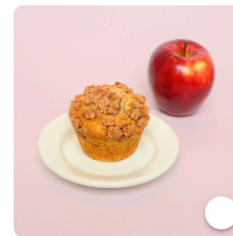
Almuerzo
Panqueques de salchicha de pavo y canela con rodajas de pepino y plátano (K-8)
 Sin cacahuetes Sin mariscos
 Sin frutos secos Soy free
 Sin huevo Sin sésamo
 Grano integral



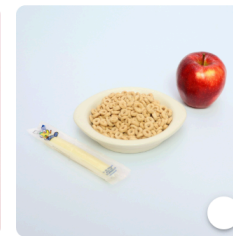
Almuerzo
Tortitas de huevo revuelto y canela con pepino y plátano (K-8)
 Sin cacahuetes Vegetariano
 Sin mariscos Sin frutos secos
 Soy free Sin sésamo
 Grano integral



Desayuno
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
Muffin de canela integral con manzana
 Sin cacahuetes Vegetariano
 Sin mariscos Sin frutos secos
 Soy free Sin sésamo
 Grano integral



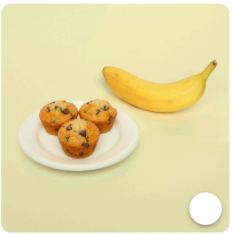
Desayuno
Cheerios y queso en tiras con manzana
 Sin cacahuetes Vegetariano
 Sin mariscos Sin frutos secos
 Soy free Sin huevo Sin sésamo
 Grano integral



Almuerzo
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
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
Mini muffins proteicos de chocolate con chips y plátano
 Sin cacahuetes Vegetariano
 Sin mariscos Sin frutos secos
 Sin sésamo Grano integral



Desayuno
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 On the Roll Catering. 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 ofrecen una experiencia superior a las comidas tradicionales preparadas por el distrito. Para más información, comuníquese con Bernard Burchette, Director de Negocios, en bburchette@susd.net o al 831-455-2550 ext. 333.