



# Buena Vista Middle School Breakfast and Lunch Menu

Week of March 9th-13th (Free for Students)  
Menu created by Ordo - Made fresh daily



**Breakfast 1**

☰ Breakfast

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

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



**Breakfast 2**

☰ Breakfast

**Cinnamon 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

**English Muffin & Jam with Applesauce**

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



**Lunch 1**

☰ Lunch

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

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



**Lunch 2**

☰ Lunch

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

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



**Breakfast 1**

☰ Breakfast

**Housemade Blueberry Granola Bar with Pear**

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



**Breakfast 2**

☰ Breakfast

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

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

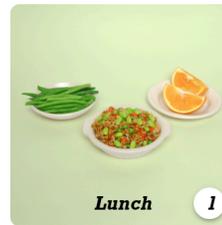


**Breakfast 3**

☰ Breakfast

**Cinnamon 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

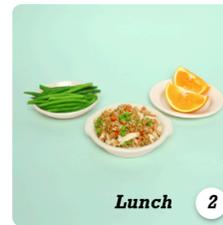


**Lunch 1**

☰ Lunch

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

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



**Lunch 2**

☰ Lunch

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

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



**Breakfast 1**

☑ Breakfast

**Whole Grain Snickerdoodle Muffin with Orange Wedges**

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

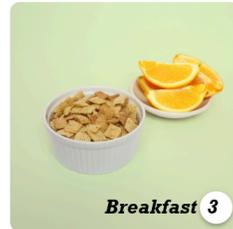


**Breakfast 2**

☑ Breakfast

**Cinnamon Toast Crunch & String Cheese with Orange Wedges**

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



**Breakfast 3**

☑ Breakfast

**Cinnamon 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



**Lunch 1**

☑ Lunch

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

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



**Lunch 2**

☑ Lunch

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

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



**Breakfast 1**

☑ Breakfast

**Cinnamon 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

**Housemade Maple Oat Bar with Apple**

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



**Breakfast 3**

☑ Breakfast

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

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

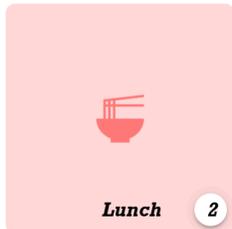


**Lunch 1**

☑ Lunch

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

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



**Lunch 2**

☑ Lunch

**Chicken Nuggets & Whole Grain Roll with Baby Carrots & Banana (K-8)**

Peanut free Tree-nut free  
Whole Grain



**Breakfast 1**

☑ Breakfast

**Cinnamon 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 2**

☑ Breakfast

**Protein Choco Chip Mini Muffins with Banana**

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



**Breakfast 3**

☑ Breakfast

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

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



**Lunch 1**

☑ Lunch

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

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



**Lunch 1**

☑ Lunch

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

Peanut free Vegetarian  
Seafood free Tree-nut 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](mailto:bburchette@susd.net) or 831-455-2550 x 333.