



Breakfast ... Prepared Fresh Daily

Fresh Baked Whole Grain Muffins, Bagel & Cream Cheese, Fresh Baked Whole Grain Scones, Croissants, Fat Cat Chewy Breakfast Bar, Reduced Sugar Cereal Cup, Steel cut oatmeal w/ fresh fruit topping & a touch of brown sugar.

Fresh Fruit and Fat Free or 1% Low Fat Milk
Chef's special- Breakfast for Lunch, Pancakes

Menu Symbols

(V)...All Entrees in green are vegetarian.
 Blue entrees have pork in them (pepperoni has beef and pork).
 WW - Whole Wheat

This Institution is an Equal Opportunity Provider
www.mvwsd.org

Lunch Menu

Breakfast	Lunch
Paid - \$2.50	Paid - \$3.50
Reduced - \$0.30	Reduced - \$0.40
Adults - \$3.00	Adults - \$4.50

For students with nut allergies, we do not serve peanut butter or nut-related products at any of our schools.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Free/Reduced-priced Meal Applications Online: There is a simple way for you to apply for free & reduced meals for your students. Approval is quick & private. Go to the web site: EZMEALAPP.com, for our online meal application. Paper applications area available in your school office.</p> <p>We highly encourage you to pre pay for your meals online. Go to the web site: EZSCHOOLPAY.com. Please make sure you have your student ID #.</p>				
<p>Labor Day</p>	<p>Chicken Patty Sandwich</p> <p>Cheese Quesadilla (V)</p> <p>Turkey Ranch Wrap 1% or Fat Free Milk</p>	<p>Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Turkey Ranch Wrap 1% or Fat Free Milk</p>	<p>Oven Fried Chicken Corn on the Cob Whole Wheat Dinner Roll</p> <p>Roasted Vegetable Wrap (V)</p> <p>Ham & Cheese on Wheat 1% or Fat Free Milk</p>	<p>Hand Rolled Fresh Bean & Cheese Burrito (V) Refried Beans & Cheese Pico de Gallo</p> <p>Ham & Cheese On Wheat 1% or Fat Free Milk</p>
<p>Baked Pasta with a hearty Marinara and Mozzarella (V) Breadstick</p> <p>Turkey on Whole Wheat Sand 1% or Fat Free Milk</p>	<p>Chicken Nachos (Build your own-Salad Bar- Shredded lettuce Pico de Gallo, cheese, salsa)</p> <p>Pinto Beans, Cheese Nachos(V)</p> <p>Turkey on Whole Wheat Sand 1% or Fat Free Milk</p>	<p>Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Turkey on Whole Wheat Sand 1% or Fat Free Milk</p>	<p>BBQ Chicken Baked, Seasoned Steak House Fries Fresh Baked Cornbread</p> <p>Roasted Vegetable Wrap (V)</p> <p>Turkey Ranch Wrap 1% or Fat Free Milk</p>	<p>Home-Style Mac & Cheese (V) Whole Grain Dinner Roll</p> <p>Cookie Day !!!</p> <p>Turkey Ranch Wrap 1% or Fat Free Milk</p>
<p>Local Made to order Tortellini Cheese Tortellini (V), tossed with Alfredo Sauce and Cheese Breadstick</p> <p>Poor Boy Hoagie 1% or Fat Free Milk</p>	<p>Hand Rolled Fresh Burrito (V) Refried Pinto Beans, Rice and Cheese Pico de Gallo</p> <p>Poor Boy Hoagie 1% or Fat Free Milk</p>	<p>Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Poor Boy Hoagie 1% or Fat Free Milk</p>	<p>Chicken Chow Mein</p> <p>Fortune Cookie</p> <p>Vegetable Chow Mein (V)</p> <p>Turkey on Whole Wheat Sand 1% or Fat Free Milk</p>	<p>Breakfast For Lunch Fresh Made Pancakes (V) Turkey Sausage Patty Roasted Baby Potatoes</p> <p>Turkey on Whole Wheat Sand 1% or Fat Free Milk</p>
<p>Local Made to Order Ravioli (V) Cheese Rav's tossed with our Hearty Marinara Bread Stick</p> <p>Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>Crunchy Turkey Tacos (Build your own Taco-Salad Bar Pico de Gallo, shredded lettuce, cheese) Spanish Brown Rice Cheese Quesadilla (V)</p> <p>Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>Teriyaki Chicken Bowl Mixed Steamed Vegetables Steamed Rice</p> <p>Vegetarian Teriyaki Bowl (V)</p> <p>Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>BBQ Shredded Chicken Sliders Baked Steak House Potatoes State Fair Confetti Coleslaw</p> <p>Vegetarian Stuffed Zucchini (V)</p> <p>Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>
<p>MONDAY FAVORITE Chicken Patty on Wheat Bun</p> 	<p>TUESDAY FAVORITE Charbroiled Burger</p> 	<p>WEDNESDAY FAVORITE Assorted Fresh Made Pizza</p> 	<p>THURSDAY FAVORITE Whole Grain Chicken Nuggets</p> 	<p>FRIDAY FAVORITE 100% Hot Beef Hot Dog W. Bun</p> 

Favorites are served with the fresh side of the day, Vegetable/fruit Bar, and milk choice.

*You may qualify for free or reduced price meals.

Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (650)903-6965.

September Seasonal Fruits
 Grapes, Berries, Watermelon

A complete lunch includes an entree supplying protein, grain, vegetables, fruit and 1% or fat free milk. USDA requires that a student select 3 to 5 different components. A cold vegetable /fresh fruit bar is available daily, on which we feature a variety of veggies and fruits including locally grown when seasonally available. We offer deeply colored, nutrient-rich veggies including red/orange and dark green vegetables, as well as beans and other additional choices.



The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

Menu subject to change without notice.