



Breakfast...Prepared Fresh Daily

Fresh Baked Whole Grain Muffins, Bagel & Cream Cheese, Fresh Baked Whole Grain Scones, Croissants, 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

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>1-Apr Breakfast for Lunch Waffles & Turkey Sausage Emoji Potatoes :)</p> <p>Stuffed Cheese Sticks w/ Marinara Sauce Cup (V)</p> <p>1% or Fat Free Milk</p>	<p>2-Apr Chicken Nachos w/ WG Tortilla Chips Fresh Salsa</p> <p>Cheese Quesadilla (V)</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>3-Apr Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>4-Apr Teriyaki Chicken w/ Noodles</p> <p>Teriyaki Veggie w/ Noodles (V)</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>5-Apr Italian Mac and Cheese w/ creamy White Sauce Breadstick (V)</p> <p>Tuna on Wheat Bun 1% or Fat Free Milk</p>
--	--	--	--	--



<p>16-Apr Breakfast for Lunch Freach Toast Sticks Turkey Sausage Emoji Potatoes :)</p> <p>Stuffed Cheese Sticks w/ Marinara Sauce Cup (V)</p>	<p>17-Apr House Made Beef & Bean Chili w/ WG Tortilla Chips</p> <p>Cheese Quesadilla (V)</p> <p>SunButter & Jelly Sandwich 1% or Fat Free Milk</p>	<p>18-Apr Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>SunButter & Jelly Sandwich 1% or Fat Free Milk</p>	<p>19-Apr BBQ Chicken Seasoned Potato Wedges Sweet Corn</p> <p>SunButter & Jelly Sandwich 1% or Fat Free Milk</p>	<p>20-Apr Spaghetti with Meatballs w/ Breadstick</p> <p>Grilled Cheese Sandich (V)</p> <p>Tuna on Wheat Bun 1% or Fat Free Milk</p>
<p>23-Apr Breakfast for Lunch Whole Grain Pancakes Turkey Sausage w/ Emoji Potatoes :)</p> <p>Stuffed Cheese Sticks w/Marinara Sauce Cup (V) 1% or Fat Free Milk</p>	<p>24-Apr Bean & Cheese Nachos w/ WG Tortilla Chips Fresh Salsa</p> <p>Cheese Quesadilla (V)</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>25-Apr Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>26-Apr Sesame Chicken with Noodles and Veggies</p> <p>Terkiyaki Veggie W/ Noddles (V)</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>27-Apr Chicken Alfredo Pasta w/ Breadstick</p> <p>Grilled Cheese Sandwich (V)</p> <p>Tuna on Wheat Bun 1% or Fat Free Milk</p>

MONDAY FAVORITE Chicken Patty on Wheat Bun	TUESDAY FAVORITE Charbroiled Burger	WEDNESDAY FAVORITE Assorted Fresh Made Pizza	THURSDAY FAVORITE 100% Hot Dog W Bun	FRIDAY FAVORITE WG Chicken Nuggets
--	---	--	--	--

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

April Seasonal Fruits and Vegetables
California Kiwi, Berries, Grape Tomatoes, Watermelons



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.