

Mountain View Whisman School District - Elementary School

April 2019



Breakfast:
 Fresh Baked Whole Grain Muffins,
 Bagel & Lite Cream Cheese, Fresh Baked Whole
 Grain Scones, Hot Ham & Cheese on Croissant,
 Waffles, French Toast Sticks, Pancakes,
 Reduced Sugar Cereal Cup with graham Cracker
 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
1-Apr Breakfast for Lunch Whole Grain Pancakes Turkey Sausage w/ Emoji Potatoes :) Stuffed Cheese Sticks w/Marinara Sauce Cup (V) 1% or Fat Free Milk	2-Apr Beef & Bean Chili W/ WGTortilla Chips Fresh in House Made Bean & Cheese Burrito (V) Turkey & Cheese Sandwich 1% or Fat Free Milk	3-Apr Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) Turkey & Cheese Sandwich 1% or Fat Free Milk	4-Apr Turkey Breast Roast Fresh Mashed Potatoes Pan Gravy Hummus & Veggie Platter w /WG Tortilla Chips (V) Turkey & Cheese Sandwich 1% or Fat Free Milk	5-Apr Creamy Mac & Cheese Fresh Baked Breadsticks French Bread Cheese Pizza (V) Tuna on Wheat Bun 1% or Fat Free Milk
8-Apr Breakfast for Lunch Waffles & Turkey Sausage Emoji Potatoes :) Stuffed Cheese Sticks w/ Marinara Sauce Cup (V) 1% or Fat Free Milk	9-Apr Chicken & Cheese Nachos w/ WG Tortilla Chips Fresh House Made Bean & Cheese Burrito (V) Turkey & Cheese Sandwich 1% or Fat Free Milk	10-Apr Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) Turkey & Cheese Sandwich 1% or Fat Free Milk	11-Apr Chicken Strips Smiley Face Potatoes Egg & Veggie Bento Box (V) Turkey & Cheese Sandwich 1% or Fat Free Milk	12-Apr Chicken Alfredo Rigatoni Fresh Baked Breadsticks French Bread Cheese Pizza (V) Tuna on Wheat Bun 1% or Fat Free Milk



22-Apr Breakfast for Lunch French Toast Sticks Turkey Sausage Emoji Potatoes :) Stuffed Cheese Sticks w/ Marinara Sauce Cup (V)	23-Apr Chicken Soft Taco W/ Spanish Rice Fresh In House Made Bean & Cheese Burrito (V) Sun Butter & Jelly Sandwich 1% or Fat Free Milk	24-Apr Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) Sun Butter & Jelly Sandwich 1% or Fat Free Milk	25-Apr Oven Fried Chicken Seasoned Baked Potatoes Hummus & Veggie Platter (V) W/ Tortilla Chips Sun Butter & Jelly Sandwich 1% or Fat Free Milk	26-Apr Spaghetti with Meat sauce Fresh Baked Breadsticks French Bread Cheese Pizza (V) Tuna on Wheat Bun 1% or Fat Free Milk
29-Apr Breakfast for Lunch Whole Grain Pancakes Turkey Sausage w/ Emoji Potatoes :) Stuffed Cheese Sticks w/Marinara Sauce Cup (V) 1% or Fat Free Milk	30-Apr Mini Shredded Pork Sandwich Potato Wedges Fresh in House Made Bean & Cheese Burrito (V) Turkey & Cheese Sandwich 1% or Fat Free Milk	<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</p>		

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