




Menu subject to change according to what is fresh, local and in season.

\*Vegetarian

MVWSD - Middle School Fall Menu 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Offered Daily</u> <u>Upper Crust</u> Chicken &amp; Pasta w/ Breadstick</p> <p>GRab &amp; Go Salad <u>Deli</u> Assorted Sandwiches</p>  <p><u>Fiesta</u> *Cheese Quesadilla Spanish Rice or Beans</p> <p><u>Home Plate Favorites</u> Cheese Burger w/ Baked Curly Fries</p> <p>CHEF'S CHOICE SPECIAL</p>	<p><u>Offered Daily</u> <u>Upper Crust</u>  Pepperoni Pizza Slice * Cheese Pizza Slice Hawaiian Pizza</p> <p>Grab &amp; Go Salad <u>Deli</u> Assorted Sandwiches</p> <p><u>Fiesta</u> Bean &amp; Cheese Burtitio *</p> <p><u>Home Plate Favorites</u> Baked Crispy Chicken Leg with Corn &amp; BreadStick</p> <p>CHEF'S CHOICE SPECIAL</p>	<p><u>Offered Daily</u> <u>Upper Crust</u> *Pasta with Marina Sauce and Breadstick</p> <p>Grab &amp; Go Salad <u>Deli</u> Assorted Sandwiches</p> <p><u>Fiesta</u> Pork Enchilada's Spanish Rice or Beans</p> <p><u>Home Plate Favorites</u> Chicken Patty Sandwich w/ Curly Fries</p> <p>CHEF'S CHOICE SPECIAL</p>	<p><u>Offered Daily</u> <u>Upper Crust</u> Mac &amp; Cheese * Breadstick</p> <p>Grab &amp; Go Salad <u>Deli</u> Assorted Sandwiches</p> <p><u>Fiesta</u> Chicken Nachos w/ Tortilla Chips</p> <p><u>Home Plate Favorites</u> Chicken Lo Mein w/ Noodles</p> <p>CHEF'S CHOICE SPECIAL</p>	<p><u>Offered Daily</u> <u>Upper Crust</u> *Grilled Cheese Sandwich</p> <p>Grab &amp; Go salad <u>Deli</u> Assorted Sandwiches</p> <p><u>Fiesta</u> Crunchy Turkey Tacos (2) w/ Shredded Lettice &amp; Cheese</p> <p><u>Home Plate Favorites</u> Hot Dog w/ Potato Wedges</p> <p>CHEF'S CHOICE SPECIAL</p>
<p><u>Milk</u> Skim or 1% Lowfat Milk</p> 	<p><u>Milk</u> Skim or 1% Lowfat Milk</p>	<p><u>Milk</u> Skim or 1% Lowfat Milk</p>	<p><u>Milk</u> Skim or 1% Lowfat Milk</p>	<p><u>Milk</u> Skim or 1% Lowfat Milk</p>

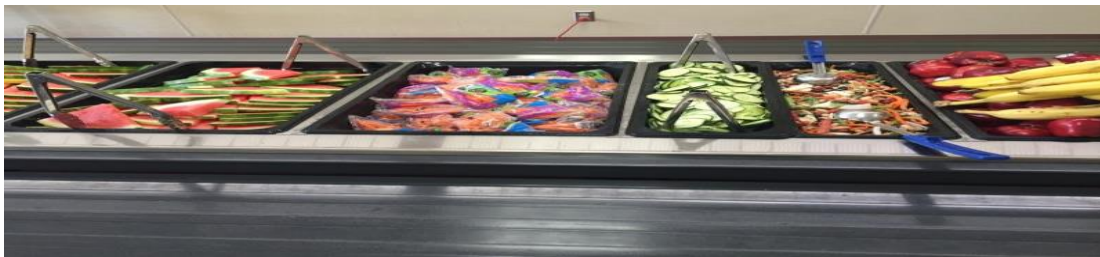
All entrees are Freshly Prepared and meet HHFKA/USDA Standards. Entrees are served with our fresh, local, Fruit and vegetable bar.

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"Farm to Fork"--Grapes Apples Pears - Healthy and tasty  
Kiwi contain an excellent source of vitamin K,E and C. Full of antioxidants, fiber and potassium.

Crittenden and Graham Fresh Fruit and Salad Bar



MEAL PRICES: PAID: \$3.50 REDUCE: \$0.40 FREE: \$0.00 ADULT: \$4.50

You may qualify for free or reduced price meals. Applications are available at all schools, on line and the district office. For questions regarding the food service program you can call the food service office at (650) 903-6965.

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.