

Mountain View Whisman School District - Elementary School

January 2018



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
Chef's special- Breakfast Sandwich

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
HAPPY NEW YEAR 2018				
3-Jan <i>Baked To Order Fresh Pizza</i> Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) <i>Sun butter and Jelly Sandwich</i> 1% or Fat Free Milk	4-Jan <i>Chicken Chow Mein</i> w/ Noodles <i>Vegetable Low Mein</i> w/ Egg Roll (V) <i>Sun butter and Jelly on Wheat</i> 1% or Fat Free Milk	5-Jan <i>Cheese Ravioli's (V)</i> w/ Marinara Sauce Breadstick <i>Grilled Cheese Sandwich (V)</i> <i>Sun butter and Jelly on Wheat</i> 1% or Fat Free Milk	8-Jan <i>Breakfast for Lunch</i> Waffle Sticks Turkey Sausage Hashbrown <i>Cheese Sticks w/ Dipping Sauce</i> 1% or Fat Free Milk	9-Jan <i>House Made</i> Beef & Bean Chili w/ WG Tortilla Chips (V) <i>Cheese Quesadilla (V)</i> <i>Poor Boy</i> 1% or Fat Free Milk
10-Jan <i>Baked To Order Fresh Pizza</i> Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) <i>Poor Boy</i> 1% or Fat Free Milk	11-Jan <i>Oven Fried Chicken</i> Sweet Corn Honey Cornbread <i>Veggie Wrap (V)</i> <i>Poor Boy</i> 1% or Fat Free Milk	12-Jan Spaghetti w/ Meat Sauce BreadSticks <i>Grilled Cheese Sandwich (V)</i> <i>Poor BOY</i> 1% or Fat Free Milk	16-Jan <i>Bean & Cheese Nachos</i> w/ WGTortilla Chips (V) w/ Pico de Gallo Salsa <i>Cheese Quesadilla (V)</i> <i>Sun butter and Jelly Sandwich</i> 1% or Fat Free Milk	17-Jan <i>Baked To Order Fresh Pizza</i> Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) <i>Sun butter and Jelly Sandwich</i> 1% or Fat Free Milk
18-Jan <i>Chicken Strips</i> Veggie Rice Pilaf <i>Veggie Wrap (V)</i> <i>Sun butter and Jelly Sandwich</i> 1% or Fat Free Milk	19-Jan <i>Italian Mac & Cheese</i> w/ Cheesy White Sauce (V) BreadStick <i>Grilled Cheese Sandwich V)</i> <i>Sun butter and Jelly Sandwich</i> 1% or Fat Free Milk	22-Jan <i>Breakfast For Lunch</i> Whole Grain Pancakes w/Turkey Sausage Potato Gems <i>Cheese Sticks W/ Dipping Sauce</i> 1% or Fat Free Milk	23-Jan <i>Soft Ground Beef Taco</i> Spanish Rice <i>Cheese Quesadilla (V)</i> <i>Turkey & Cheese Sandwich</i> 1% or Fat Free Milk	24-Jan <i>Baked To Order Fresh Pizza</i> Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) <i>Turkey & Cheese Sandwich</i> 1% or Fat Free Milk
25-Jan <i>Chicken Fried Rice</i> <i>Vegetarian Fried Rice</i> W/ Veggie Egg Roll (V) <i>Turkey & Cheese Sandwich</i> 1% or Fat Free Milk	26-Jan <i>Spaghetti and Meatballs</i> Breadstick <i>Grilled Cheese Sandwich (V)</i> <i>Turkey & Cheese Sandwich</i> 1% or Fat Free Milk	29-Jan <i>Breakfast for Lunch</i> French Toast Sticks w/Turkey Sausage Hashbrown <i>Cheese Sticks w/ Dipping Sauce</i> 1% or Fat Free Milk	30-Jan <i>Hand Rolled</i> <i>Bean & Cheese Burrito (V)</i> <i>Cheese Quesadilla (V)</i> <i>Turkey on Wheat Sandwich</i> 1% or Fat Free Milk	31-Jan <i>Baked To Order Fresh Pizza</i> Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) <i>Turkey on Wheat Sandwich</i> 1% or Fat Free Milk
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. Questions, call food service at 650-903-6965. 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				
MONDAY FAVORITE Chicken Patty on Wheat Bun 	TUESDAY FAVORITE Charbroiled Burger 	WEDNESDAY FAVORITE Assorted Fresh Made Pizza 	THURSDAY FAVORITE 100% Hot Beef Hot Dog W. Bun 	FRIDAY FAVORITE Whole Grain Chicken Nuggets 

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

January Seasonal Fruits and Vegetables

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



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.