



Breakfast Served Daily
 Fresh Baked WG Muffins
 Bagel & Lite Cream Cheese
 Hot Ham & Cheese Croissant
 Reduced Sugar Cereal Cups
 Pancakes & Fresh WG Scones
Fresh Fruit & 1% low fat Milk or Fat Free 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
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <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 or nine 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 ID #.</p> </div> <div style="width: 65%; text-align: center;"> <h1 style="color: purple; font-size: 4em;">2019!</h1> <h2 style="color: purple; font-size: 2em;">HAPPY NEW YEAR!</h2> </div> </div>				
<p>1-Jan</p> <p>Staff Professional Development Day 7-Jan</p>	<p>8-Jan</p> <p>Street Tacos Chicken, Cheese, Salsa Spanish Rice Pilaf</p> <p>Cheese Sticks W/ Dipping Sauce</p> <p>Turkey Sandwich 1% or Fat Free Milk</p>	<p>9-Jan</p> <p>Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Turkey Sandwich 1% or Fat Free Milk</p>	<p>10-Jan</p> <p>Broccoli Beef W/ Steamed Rice Fortune Cookie</p> <p>Fruit and Yogurt Parfait w/honey Graham Crackers</p> <p>Turkey Sandwich 1% or Fat Free Milk</p>	<p>11-Jan</p> <p>Creamy Mac & Cheese (v) Fresh Baked Breadstick</p> <p>French Bread Cheese Pizza</p> <p>Turkey Sandwich 1% or Fat Free Milk</p>
<p>14-Jan</p> <p>Breakfast For Lunch</p> <p>Whole Grain Pancakes w/Turkey Sausage</p> <p>Cheese Pizza 1% or Fat Free Milk</p>	<p>15-Jan</p> <p>Bean & Cheese Nachos Tortilla Chips</p> <p>Cheese Sticks W/ Dipping Sauce</p> <p>Hot Turkey Ham & Cheese Sandwich 1% or Fat Free Milk</p>	<p>16-Jan</p> <p>Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Hot Turkey Ham & Cheese Sandwich 1% or Fat Free Milk</p>	<p>17-Jan</p> <p>Teriyaki Chicken W/ Steamed Rice</p> <p>Hard Boiled Egg Bento Box</p> <p>Hot Turkey Ham & Cheese Sandwich 1% or Fat Free Milk</p>	<p>18-Jan</p> <p>Spaghetti with Meatsauce Fresh Baked Breadstick</p> <p>French Bread Cheese Pizza</p> <p>Hot Turkey Ham & Cheese Sandwich 1% or Fat Free Milk</p>
<p>22-Jan</p> <p>MLK Day</p> <p>Soft Ground Beef Taco w/ Flour Tortilla</p> <p>Cheese Sticks W/ Dipping Sauce</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>23-Jan</p> <p>Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>24-Jan</p> <p>Chicken Strips Emoji Potatoes :)</p> <p>Fruit and Yogurt Parfait w/ honey Graham Crackers</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>25-Jan</p> <p>Pasta & Turkey Meatballs Fresh Baked Breadstick</p> <p>French Bread Cheese Pizza</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	
<p>28-Jan</p> <p>Breakfast For Lunch</p> <p>French Toast Sticks w/Turkey Sausage</p> <p>Cheese Pizza 1% or Fat Free Milk</p>	<p>29-Jan</p> <p>Pork Sliders Seasoned Wedge Fries</p> <p>Cheese Sticks W/ Dipping Sauce</p> <p>Hoagie Sandwich 1% or Fat Free Milk</p>	<p>30-Jan</p> <p>Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Hoagie Sandwich 1% or Fat Free Milk</p>	<p>31-Jan</p> <p>Cookie Day -Happy Birthday-Jan Oven Fried Chicken w/ Veggie Rice Pilaf</p> <p>Hard Boiled Egg Bento Box</p> <p>Hoagie Sandwich 1% or Fat Free Milk</p>	<p>1-Feb</p> <p>Chicken Alfredo Pasta Fresh Baked Breadstick</p> <p>French Bread Cheese Pizza</p> <p>Hoagie Sandwich 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 100% Hot Beef Hot Dog W. Bun</p>	<p>FRIDAY FAVORITE Whole Grain Chicken Nuggets</p>

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

January Seasonal Fruits and Vegetables
 Grapes, Pears, Kiwi, Mandarins, Apples, Oranges

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

