

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

*Vegetarian

MVWSD - Middle School September 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pepperoni Pizza Cheese Pizza (V) Hawaiian Pizza</p> <p>Chicken Caesar Salad W/ Garlic Bread Stick</p> <p>Sun Butter & Jelly Sandwich</p> <p>Mac & Cheese (V) Home made (V) W/ Garlic Bread Stick</p> <p>Taco Nada</p> <p>Offered Daily Fruit & Veggie Bar</p> <p>Milk Skim or 1% Lowfat Milk</p>	<p>Taco Tuesday Walking Tacos - Beef w/ all the Trimings</p> <p>Chicken Taco Salad W / Flour Tortilla Bowl</p> <p>Hoagie Sub Sandwich</p> <p>Grilled Cheese Sandwich Home Made (V) W/Baked Waffle Fries</p> <p>Plant Base 3 Bean Chili & Cheese in Bread Bowl</p> <p>Offered Daily Fruit & Veggie Bar</p> <p>Milk Skim or 1% Lowfat Milk</p>	<p>Chef Dalton Burger Cheese Burger w/ Crispy Bites & T-Bacon Baked Curley Fries</p> <p>Chicken Caesar Salad w/ Garlic Breadstick</p> <p>Turkey Club Sandwich</p> <p>Plant Based Mini Twin Veggie Burgers (v) w/ Baked Curly Fries</p> <p>Mini Shredded BBQ Chicken Slidders Baked Curly Fries</p> <p>Offered Daily Fruit & Veggie Bar</p> <p>Milk Skim or 1% Lowfat Milk</p>	<p>Nachos Turkey & Cheese & Chips</p> <p>Mandarin Orange Chicken Salad w/ Crunchy Noodles & Fortune Cookie</p> <p>Egg Salad Sandwich (V)</p> <p>Fried Rice Veggie & Egg & Veggie Egg Roll (V) & Fortune Cookie</p> <p>Orange Chicken w/ Noodles & Asian Veggies & Fortune Cookie</p> <p>Offered Daily Fruit & Veggie Bar</p> <p>Milk Skim or 1% Lowfat Milk</p>	<p>Treat Day Malbu Chicken Sandwich w/ Swiss Cheese & Ham Baked Waffle Fries</p> <p>Falafel Burger Cucumbers Slices & Waffle Fries</p> <p>Turkey & Cheese Sandwich</p> <p>3 Cheese French Bread Pizza (V)</p> <p>Chicken Fajta Pita Baked Waffle Fries</p> <p>Offered Daily Fruit & Veggie Bar</p> <p>Milk 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.

Crittenden and Graham Fresh Fruit and Salad Bar

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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.