



This Institution is an Equal Opportunity Provider
www.mvwsd.org

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

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
<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 ID #.</p>			<p>Menu Symbols (V)...All Entrees in green are vegetarian. Blue entrees have pork in them (pepperoni has beef and pork). WW - Whole Wheat</p>	<p>1-Dec Crispy Chicken Corn w/ Corn Bread Grilled Cheese (V) Ham & Cheese 1% or Fat Free Milk</p>
<p>4-Dec Breakfast for Lunch French Toast Sticks Turkey Sausage w/ Hash brown Cheese Sticks w/ Dipping Sauce 1% or Fat Free Milk</p>	<p>5-Dec Ground Beef Soft Tacos Spanish Rice Fresh Pico de Gallo Cheese Quesadilla (V) Turkey & Cheese on Wheat 1% or Fat Free Milk</p>	<p>6-Dec Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) Turkey & Cheese on Wheat 1% or Fat Free Milk</p>	<p>7-Dec Spaghetti and Meatballs Fresh Baked Breadstick Spaghetti w/ Marinara Sauce Fresh Baked Bread Stick (V) Turkey & Cheese on Wheat 1% or Fat Free Milk</p>	<p>8-Dec BBQ Chicken Leg Baked Potato Wedges Grilled Cheese (V) Turkey & Cheese on Wheat 1% or Fat Free Milk</p>
<p>11-Dec Breakfast for Lunch Whole Wheat Pancakes Turkey Sausage w/ Tater Tots Cheese Sticks w/ Dipping Sauce 1% or Fat Free Milk</p>	<p>12-Dec Refried Bean & Cheese Nachos W Tortilla Chips Fresh Pico de Gallo (V) Cheese Quesadilla (V) Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>13-Dec Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork) Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>14-Dec Cheese Tortellini W/ Alfredo Sauce Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>15-Dec Chili Cheese Dog Grilled Cheese (V) Sunbutter and Jelly on Wheat 1% or Fat Free Milk</p>



Happy Holidays
 from your Kitchen Staff
 We'll see you back at school
 January 3rd.

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

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

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

December Seasonal Fruits and Vegetables
 Persimmons, Broccoli, Pears, Apples, Tangerines

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



