



Vista Unified - February Menu 2012



Alamosa, Breeze Hill, Empresa, Lake, Mission Meadows

Feb	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-3			Pizza Stix Burrito, Bean Grilled Cheese	Orange Chicken Mini Burgers Hot Dog	Nino's Pizza Shrimp Poppers Yogurt & Crackers
6-10	Breakfast 4 Lunch Corn Dog Smuckers, PBJ	Chicken Chunks Hamburger Burrito, Bean	Taco Salad Pizza Stix Grilled Cheese	Popcorn Chicken Mini Burgers Spaghetti	Nino's Pizza Hot Dog Yogurt & Crackers
13-17	Taco Salad Chicken Chunks Smuckers, PBJ	Breakfast 4 Lunch Hamburger Corn Dog	Pizza Stix Burrito, Bean Grilled Cheese	Orange Chicken Mini Burgers Hot Dog	President's Day
20-24	President's Day	Chicken Chunks Hamburger Burrito, Bean	Taco Salad Pizza Stix Grilled Cheese	Popcorn Chicken Mini Burgers Spaghetti	Nino's Pizza Hot Dog Yogurt & Crackers
27-29	Taco Salad Chicken Chunks Smuckers, PBJ	Breakfast 4 Lunch Hamburger Corn Dog	Pizza Stix Burrito, Bean Grilled Cheese	This institution is an equal opportunity provider <i>Menu subject to change</i>	<u>Prices</u> LUNCH \$2.00 Breakfast \$1.00 Milk / Juice \$.35

Entrees Choices: a student may ONLY take ONE of three entrée choices per lunch.

Salad Bar: 1 fresh fruit, 1 Canned fruit, 2 or more vegetables, rotating daily. **"BUFFET STYLE"**

Extras: Monday - Chocolate Chip Cookies.

(760) 726-2170 x2910

Breakfast Menu - choice of 1 hot entree or cereal, 1 milk, 1 juice and fruit.

Chocolate Muffin Mini Pancakes Yogurt & Crackers Cheerios Frosted Mini Wheats Fruit, Juice & Milk	UBR Bar Egg & Cheese Muffin Honey Bun Rice Krispies Cinnamon Toast Crunch Fruit, Juice & Milk	Eggo Mini Pancakes Breakfast Burrito Cinnamon Toast Honey Nut Cheerios Frosted Flakes Fruit, Juice & Milk	Honey Bun Sausage & Cheese Muffin Benefit Bar Rice Krispies Frosted Mini Wheats Fruit, Juice & Milk	Pan Dulce UBR Bar Banana Muffin Cheerios Strawberry Special K Fruit, Juice & Milk
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Child Nutrition - USDA Rules & Regulations

Meals must contain less than 35% total fat, less than 10% saturated fat, 450-588 breakfast calories 600-783 lunch calories (ages 5-12). The Approved student reimbursable lunch is one entrée and at least one other item. Students may select a max of one entrée & one or more fruit or vegetables or a milk.

Health and Learning Success Go Hand-in-Hand

Eating healthy can make a big difference in your child's ability to focus, understand and complete lessons in school. Harvest of the Month helps your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.



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to pay online and create an account you will need your students ID number.