



# Vista Unified - February Menu 2012



Beaumont, Casita, Hannalei, Monte Vista, Vapa, Temple Heights

Feb	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-3	<a href="http://www.parentonline.net">www.parentonline.net</a>		Mini Burgers Grilled Cheese	Popcorn Chicken Burrito, Bean	Pizza Stix Spaghetti
6-10	Taco Salad Smuckers, PBJ	Nino's Pizza Yogurt & Crackers	Chicken Chunks Hamburger	Breakfast 4 Lunch Corn Dog	Pizza Stix Fish Taco
13-17	Orange Chicken Smuckers, PBJ	Nino's Pizza Hot Dog	Mini Burgers Grilled Cheese	Popcorn Chicken Burrito, Bean	President's Day
20-24	President's Day	Nino's Pizza Yogurt & Crackers	Chicken Chunks Hamburger	Breakfast 4 Lunch Corn Dog	Pizza Stix Fish Taco
27-2	Orange Chicken Smuckers, PBJ	Nino's Pizza Hot Dog	Mini Burgers Grilled Cheese	<i>This institution is an equal opportunity provider</i>	<p><b><u>Prices</u></b>  <b>LUNCH \$2.00</b>  <b>Breakfast \$1.00</b>  Milk / Juice \$.35</p>

**Entrees Choices:** by week, a student may ONLY take ONE of two 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.

Menu subject to change

## Breakfast Menu

(760) 726-2170 x2910

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 - Rules & Regulations under USDA

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.

[www.parentonline.net](http://www.parentonline.net)

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

# Menú escuelas primarias para Febrero de 2012