



Vista Unified - February Menu 2012

Bobier, Foothill Oak, Grapevine, Maryland, Olive



Feb	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-3			Nino's Pizza Hot Dog	Mini Burgers Grilled Cheese	Pizza Stix Spaghetti
6-10	Orange Chicken Smuckers, PBJ	Breakfast 4 Lunch Corn Dog	Nino's Pizza Yogurt & Crackers	Chicken Chunks Hamburger	Pizza Stix Fish Taco
13-17	Taco Salad Smuckers, PBJ	Popcorn Chicken Burrito, Bean	Nino's Pizza Hot Dog	Mini Burgers Grilled Cheese	President's Day
20-24	President's Day	Breakfast 4 Lunch Corn Dog	Nino's Pizza Yogurt & Crackers	Chicken Chunks Hamburger	Pizza Stix Fish Taco
27-29	Taco Salad Smuckers, PBJ	Popcorn Chicken Burrito, Bean	Nino's Pizza Hot Dog	<i>This institution is an equal opportunity provider</i>	<p>Prices</p> <p>LUNCH \$2.00</p> <p>Breakfast \$1.00</p> <p><i>Milk / Juice \$.35</i></p>
<p>Entrees Choices: by week, a student may <u>ONLY</u> take <u>ONE</u> of two entrée choices per lunch.</p> <p>Salad Bar: 1 fresh fruit, 1 Canned fruit, 2 or more vegetables, rotating daily. "BUFFET STYLE"</p> <p>Extras: Monday - Chocolate Chip Cookies.</p>					<p>Menu subject to change</p>

Breakfast Menu

Choice of 1 hot entree or cereal, 1 milk, 1 juice and fruit.

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

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.



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

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