

VAPA MIDDLE SCHOOL - MENU 2012

Lunch includes: choice of 1 entrée, 1 milk, fruit & vegetables for ... \$2.50.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREES Students MUST take 1 Entrée	Nino's Pizza Chicken Caesar Salad Chicken Sandwich Corn Dog Turkey Sandwich Smucker's PBJ Yogurt	Chicken Chunks Chef Salad Cheeseburger Burrito Ham Sandwich Smucker's PBJ Yogurt	Popcorn Chicken Taco Salad Pizza Stix Chicken Sandwich Turkey Sandwich Smucker's PBJ Yogurt	Pizza Stix Vegetarian Salad Corn Dog Burrito Ham Sandwich Smucker's PBJ Cheeseburger	Chicken Chunks Salad Cheeseburger Hot Dog Turkey Sandwich Smucker's PBJ Yogurt
Fruit Veggies	Fruit Choice Veggie Choice	Fruit Choice Veggie Choice	Fruit Choice Veggie Choice	Fruit Choice Veggie Choice	Fruit Choice Veggie Choice
Milk	1% White Milk Non Fat Chocolate	1% White Milk Non Fat Chocolate	1% White Milk Non Fat Chocolate	1% White Milk Non Fat Chocolate	1% White Milk Non Fat Chocolate
Extras	Belly Bears	Baked Cheetos	Goldfish	ABC Cheez its	Baked Cheetos

Fruit Choices: apples, grapes, pears, bananas, peaches, oranges. Vegetable Choices: lettuce, broccoli, cauliflower, carrots, cucumbers, celery, tomatoes.

To Qualify as a reimburseable meal, each student must select one entrée plus one side dish or a milk. Students may select an additional 1 or 2 side dishes.

Condiments do not count as a component of a reimburseable meal. Condiments include: Ketchup, Mustard, Salsa, Ranch Dressing, Jalapeno Slices.

This institution is an equal opportunity provider

Menu Subject to Change

Breakfast Menu

Breakfast includes: choice of 1 hot item or cereal, 1 milk, 1 juice and fruit for ... \$1.25

Entrees	Breakfast Burrito French Toast Chocolate Muffin Yogurt w/ Cracker Cereal	Egg & Ch. Muffin Waffle Stix Pan Dulce Yogurt w/ Cracker Cereal	Bagel & Cr. Cheese Mini Pancakes Banana Muffin Yogurt w/ Cracker Cereal	Ham & Ch. Muffin Honey Bun Chocolate Muffin Yogurt w/ Cracker Cereal	Breakfast Burrito Pan Dulce Blueberry Muffin Yogurt w/ Cracker Cereal
	Fruit, Juice, & Milk	Fruit, Juice, & Milk	Fruit, Juice, & Milk	Fruit, Juice, & Milk	Fruit, Juice, & Milk