



August/September 2017

Oak Valley Elementary Jonata Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Paid = \$2.00 - Reduced = \$0.30				
Whole grain breakfasts, served with fruit, juice, and 1% or Fat-Free milk You MUST take 2 items - You MUST take AT LEAST 1/2 cup of Fruit - You MAY take up to 2 different fruits - You MAY take 1 Fat-Free or 1% milk				
Cereal Graham Crackers and Yogurt	Fench Toast Sticks String Cheese	Whole Grain Bagel Cream Cheese	Pancakes Yogurt	Cereal Graham Crackers and String Cheese
LUNCH Paid = \$3.50 - Reduced = \$0.40				
We offer 5 components at lunch: Meat, Grain, Fruit, Vegetables, and Milk You MUST take 3 componenets - 1 component MUST be AT LEAST 1/2 cup fruit OR 1/2 cup Vegetable OR a combination that equals 1/2 cup - You MAY take up to 2 different fruits - You MAY take 1 Fat-Free or 1% milk				
		8/16	8/17	8/18
		Baked Chicken and Waffles Pinto Bean Salsa Fresh Fruit	Tostada Bowl Salad Cup Fresh Fruit	Nachos Corn Fresh Fruit
8/21	8/22	8/23	8/24	8/25
Meatball Sub Baby Carrots and Broccoli Fresh Fruit	Salisbury Steak Sandwich Cucumber Slices Fresh Fruit	Southwest Chicken Salad Pinto Bean Salsa Fresh Fruit	Hamburger Salad Cup Fresh Fruit	Pork Soft Taco Corn Fresh Fruit
8/28	8/29	8/30	8/31	9/1
Pepperoni Pizza Baby Carrots and Broccoli Fresh Fruit	Find Dory! Munchable Cucumber Slices Fresh Fruit	Baked Chicken and Waffles Pinto Bean Salsa Fresh Fruit	Tostada Bowl Salad Cup Fresh Fruit	Nachos Corn Fresh Fruit
9/4	9/5	9/6	9/7	9/8
	Salisbury Steak Sandwich Cucumber Slices Fresh Fruit	Southwest Chicken Salad Pinto Bean Salsa Fresh Fruit	Hamburger Salad Cup Fresh Fruit	Pork Soft Taco Corn Fresh Fruit
9/11	9/12	9/13	9/14	9/15
Pepperoni Pizza Baby Carrots and Broccoli Fresh Fruit	Find Dory! Munchable Cucumber Slices Fresh Fruit	Baked Chicken and Waffles Pinto Bean Salsa Fresh Fruit	Tostada Bowl Salad Cup Fresh Fruit	Nachos Corn Fresh Fruit
9/18	9/19	9/20	9/21	9/22
Meatball Sub Baby Carrots and Broccoli Fresh Fruit	Salisbury Steak Sandwich Cucumber Slices Fresh Fruit	Southwest Chicken Salad Pinto Bean Salsa Fresh Fruit	Hamburger Salad Cup Fresh Fruit	Pork Soft Taco Corn Fresh Fruit
9/25	9/26	9/27	9/28	9/29
Pepperoni Pizza Baby Carrots and Broccoli Fresh Fruit	Find Dory! Munchable Cucumber Slices Fresh Fruit	Baked Chicken and Waffles Pinto Bean Salsa Fresh Fruit	Tostada Bowl Salad Cup Fresh Fruit	Nachos Corn Fresh Fruit

Menu is subject to change without notice. This institution is an equal opportunity provider.

Payments can be made in the Café or online at MySchoolBucks.com - Los pagos pueden hacerse en el Café o en línea en MySchoolBucks.com

Please pre-pay all meals - Por favor, pagar por adelantado todas las comidas