



Student Breakfast NO COST
 Adult Breakfast \$2.30

Student Lunch NO COST
 Extra Student Milk .30
 Adult Lunch \$3.85

Check out our Nutrition Service Website for information and important links at:
http://www.vesd.net/departments/administrative_services/nutrition_services

All Bread and Tortillas are Whole Wheat

Fresh Salad Bar Served Daily



Monday	Tuesday	Wednesday	Thursday	Friday
 Today I hurry off to school, to work and learn and play I'm in a brand new grade this year Oh, what a happy day!	13 Chicken Soft Taco Steamed Corn Peach Cup	14 Hamburger Krinkle Fries Spiced Apple Cup 	15 Bella Rosa Cheese Pizza 3 Bean Salad Mixed Fruit 	16 Bean and Cheese Burrito Green Beans Sliced Pears
19 Car Shaped Chicken Nuggets Dinner Roll Power Peas Red Apple 	20 Chicken Taquitos Spiced Pinto Beans Lime Corn Salad Fresh Orange 	21 Hot Dog Potato Wedges Fresh Pear 	22 Mini Cheese Pizza Carrots and Celery Banana 	23 Build Your Own Deli Sandwich Vegetable Medley Assorted Fresh Fruit
26 Shark Chicken Nuggets Power Peas Dinner Roll Red Apple 	27 Turkey Taco Nachos Fiesta Corn Fresh Orange	28 Chicken Sandwich Tator Tots Fresh Pear 	29 Mini Cheese Pizza Carrots and Celery Banana 	30 Grilled Cheese Vegetable Medley Sour Cherry Frozen Icee
Start your day off right. Eat breakfast!	Salad Bar Served Daily All Bread and Tortillas are Whole Wheat	 BE A HERO READ!		Go somewhere. Read a book!

BREAKFAST



Monday
 French Toast Sticks
 Fruit & Milk

Tuesday
 Egg & Cheese Biscuit
 Fruit & Milk

Wednesday
 Cinnamon Pancakes
 Fruit & Milk

Thursday
 Benefit Bar or Oatmeal
 Fruit & Milk

Friday
 Cereal or Yogurt
 Graham Cracker
 Fruit & Milk

Breakfast served at all school sites

HAVE A GREAT SCHOOL YEAR!

*Menu items subject to change without prior notice** In accordance with Federal law and United States Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability. ** Milk Variety: 1% white milk or Non-fat Chocolate milk ***Menu Nutritional Information Available Online @ www.VESD.Net***