



# The ACADEMIES

Sycamore Valley Academy  
Blue Oak Academy  
Breakfast & Lunch Menu

January - 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Pancake Sausage Sandwich Choice of Fruit <b>Beef and Cheese Rolled Taco</b> Savory Beans Produce Stand	10 Biscuit & Chicken Sausage Choice of Fruit <b>Chicken Penne &amp; White Sauce</b> Produce Stand	11 Cinnamon Crumb Loaf Choice of Fruit <b>Cheese Pizza Wedge</b> Golden Corn Produce Stand	12 Turkey & Cheese Sandwich Choice of Fruit <b>Spaghetti w/ Meat Sauce</b> Garlic Bread Knot Produce Stand	13 Cinnamon Roll Choice of Fruit <b>Grilled Cheese</b> Romaine Salad Produce Stand
16 <b>NO SCHOOL</b>	17 French Toast Sticks Choice of Fruit <b>Chicken Meatballs Dinner Roll</b> Gravy/Mashed Potatoes Produce Stand	18 Yogurt & Grahams Choice of Fruit <u>Breakfast 4 Lunch</u> <b>Mini Pancakes</b> <b>Chicken Sausage</b> Tater Tots Produce Stand	19 Breakfast Pizza Choice of Fruit <b>Teriyaki Chicken Rice Bowl</b> Grahams Produce Stand	20 BeneFit Bar Choice of Fruit <b>Cheese Pizza</b> Romaine Salad Produce Stand
23 Cinnamon Pancakes Choice of Fruit <b>Chicken Burger</b> Produce Stand	24 Blueberry Muffin Choice of Fruit <b>Mini Corn Dogs</b> Produce Stand	25 Sunrise Rolled Taco Choice of Fruit <b>Chicken Pieces</b> Produce Stand	26 Breakfast Tornado Choice of Fruit <b>Cheeseburger</b> Produce Stand	27 Pan Dulce Choice of Fruit <b>Cheese Pizza Pocket</b> Romaine Salad Produce Stand
30 Pancake Sausage Sandwich Choice of Fruit <b>Chicken Tenders</b> BBQ Sauce Potato Wedges Produce Stand	31 Biscuit & Chicken Sausage Choice of Fruit <b>Beef and Cheese Rolled Taco</b> Produce Stand	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #f0f0f0;"> <p style="text-align: center;"><b>2022-23 SY</b></p> <p style="text-align: center;">Schools will operate under the <b>Community Eligibility Provision</b>. Under this program, <b>all</b> students enrolled at any VUSD school will receive breakfast and lunch at <b>No Cost</b>.</p> </div>		

Choice of cereal offered daily for breakfast. Each meal served with low fat milk.

Students must select a minimum of 3 items at each meal and one must be a fruit/juice or vegetable.

Menu items are subject to change without notice.



“USDA is an equal opportunity provider and employer.”