



# The ACADEMIES

Sycamore Valley Academy  
Blue Oak Academy  
Breakfast & Lunch Menu

## February - 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cinnamon Crumb Loaf Choice of Fruit	2 Turkey & Cheese Sandwich Choice of Fruit	3 Cinnamon Roll Choice of Fruit
		<b>Cheeseburger Sliders</b> Green Beans Produce Stand	<b>Macaroni &amp; Cheese</b> Cowboy Bread Produce Stand	<b>Bean &amp; Cheese Burrito</b> Romaine Salad Produce Stand
6 Mini Pizza Bagels Choice of Fruit	7 French Toast Sticks Choice of Fruit	8 Yogurt & Grahams Choice of Fruit	9 Breakfast Pizza Choice of Fruit	10 BeneFit Bar Choice of Fruit
<b>Rib B-Q Sandwich</b> Potato Wedges Produce Stand	<b>Orange Chicken Rice Bowl</b> Produce Stand	<u>Breakfast 4 Lunch</u> <b>Mini Waffles</b> <b>Chicken Sausage Bites</b> Tater Tots Produce Stand	<b>Tostada Boat</b> Shredded Lettuce Savory Beans Produce Stand	<b>Cheese Breadsticks</b> w/marinara sauce Romaine Salad Produce Stand
13 Cereal Bar Cheese Stick Choice of Fruit	14 Cherry Muffin Choice of Fruit	15 Sunrise Rolled Taco Choice of Fruit	16 Breakfast Tornado Choice of Fruit	17 Pan Dulce Choice of Fruit
<b>Ham &amp; Cheese Sandwich</b> Produce Stand	<b>Chicken Penne &amp; White Sauce</b> Produce Stand Holiday Cookie	<b>Cheese Pizza Wedge</b> Golden Corn Produce Stand	<b>Spaghetti w/ Meat Sauce</b> Garlic Bread Knot Produce Stand	<b>Grilled Cheese</b> Romaine Salad Produce Stand
20 <b>NO SCHOOL</b>	21 Biscuit & Chicken Sausage Choice of Fruit	22 Cinnamon Crumb Loaf Choice of Fruit	23 Turkey & Cheese Sandwich Choice of Fruit	24 Cinnamon Roll Choice of Fruit
	<b>Chicken Meatballs Dinner Roll</b> Gravy/Mashed Potatoes Produce Stand	<b>Twice Grilled Quesadilla</b> Tater Tots Produce Stand	<b>Teriyaki Chicken Rice Bowl</b> Grahams Produce Stand	<b>Cheese Pizza</b> Romaine Salad Produce Stand
27 Mini Pizza Bagels Choice of Fruit	28 French Toast Sticks Choice of Fruit	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><u>2022-23 SY</u> Schools will operate under the Community Eligibility Provision. Under this program, <u>all</u> students enrolled at any VUSD school will receive breakfast and lunch at No Cost.</p> </div>		
<b>Chicken Burger</b> Produce Stand	<b>Turkey and Gravy Dinner Roll</b> Mashed Potatoes Produce Stand			

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.



“This institution is an equal opportunity provider.”