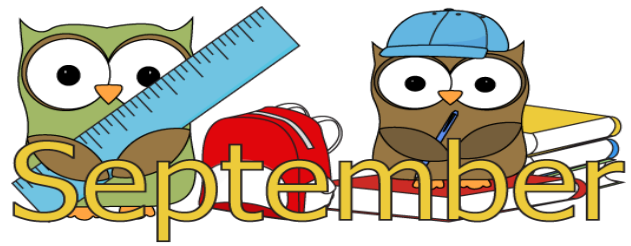


The Academies

Sycamore Valley & Blue Oak

Breakfast and Lunch Menu

September 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Cinnamon Roll Choice of Fruit Grilled Cheese Romaine Salad Produce Stand
4 HOLIDAY	5 French Toast Sticks Choice of Fruit Chicken Meatballs Dinner Roll Gravy/Mashed Potatoes Produce Stand	6 Yogurt & Grahams Choice of Fruit <u>Breakfast 4 Lunch</u> Mini Pancakes Chicken Sausage Tater Tots Produce Stand	7 Breakfast Pizza Choice of Fruit Teriyaki Chicken Rice Bowl Grahams Produce Stand	8 BeneFit Bar Choice of Fruit Bean & Cheese Papusa Romaine Salad Produce Stand
11 Cinnamon Pancakes Choice of Fruit Chicken Burger Produce Stand	12 Cherry Muffin Choice of Fruit Turkey and Gravy Dinner Roll Mashed Potatoes Produce Stand	13 Biscuit & Chicken Sausage Choice of Fruit Chicken Pieces Waffle Cut Fries Produce Stand	14 Waffle Sandwich Choice of Fruit Cheese Enchilada w/Green Sauce Savory Beans Produce Stand	15 Pan Dulce Choice of Fruit Cheese Pizza Romaine Salad Produce Stand
18 Pancake Sausage Sandwich Choice of Fruit Chicken Tenders BBQ Sauce Waffle Cut Fries Produce Stand	19 Sunrise Rolled Taco Choice of Fruit Soft Taco Shredded Lettuce Savory Beans Produce Stand	20 Cinnamon Crumb Bread Choice of Fruit Cheeseburger Produce Stand	21 Breakfast Burrito Choice of Fruit Macaroni & Cheese Cowboy Bread Produce Stand	22 Cinnamon Roll Choice of Fruit Bean & Cheese Burrito Romaine Salad Produce Stand
25 Pizza Bagel Choice of Fruit Rib B-Q Sandwich Potato Wedges Produce Stand	26 French Toast Sticks Choice of Fruit Chicken Penne & White Sauce Produce Stand	27 Yogurt & Grahams Choice of Fruit <u>Breakfast 4 Lunch</u> Mini Waffles Chicken Sausage Bites Tater Triangles Produce Stand	28 Breakfast Pizza Choice of Fruit Tostada Boat Shredded Lettuce Savory Beans Produce Stand	29 BeneFit Bar Choice of Fruit Cheese Breadsticks w/Marinara Sauce Romaine Salad 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.

2023-24 SY

Schools will operate under the Community Eligibility Provision. Under this program, all students enrolled at any VUSD school will receive breakfast and lunch at No Cost.

“This institution is an equal opportunity provider.”