



# The ACADEMIES

Sycamore Valley & Blue Oak Academy  
Breakfast & Lunch Menu  
November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cinnamon Pancakes Choice of Fruit
				<b>Cheese Pizza Pocket</b> Romaine Salad Produce Stand
4 Apple Cinnamon Muffin Topper Choice of Fruit	5 Breakfast Pizza Bites Choice of Fruit	6 Cinnamon Loaf Choice of Fruit	7  <b>CONFERENCE DAY</b>	8  <b>CONFERENCE DAY</b>
<b>*Pepperoni Pizza</b> Produce Stand	<b>Spaghetti w/Meat Sauce</b> Garlic Bread Knot Romaine Salad Produce Stand	<b>Chicken Taquitos</b> <b>String Cheese</b> Savory Beans Produce Stand		
11  <b>HOLIDAY</b>	12 French Toast Sticks Choice of Fruit	13 Yogurt & Grahams Choice of Fruit	14 *Breakfast Bites Choice of Fruit	15 Cinnamon Square Choice of Fruit
	<b>Chicken Soft Taco</b> Lettuce & tomato Savory Beans Produce Stand	<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
18 Pancake/Syrup Chicken Sausage Patty Choice of Fruit	19 Mini Pizza Bagels Choice of Fruit	20 Sunrise Rolled Taco Choice of Fruit	21 Breakfast Pizza Choice of Fruit	22 Cinnamon Bread Choice of Fruit
<b>Mini Breaded Ravioli</b> <b>String Cheese</b> Marinara Sauce Produce Stand	<b>Orange Chicken</b> <b>Rice Bowl</b> Produce Stand	<u>Breakfast 4 Lunch</u> <b>Eggo Mini Waffles</b> <b>Chicken Sausage</b> Tater Tots Produce Stand	<b>Tostada Boat</b> Lettuce & Tomato Fiesta Beans Produce Stand	<b>Cheese Breadsticks</b> w/marinara sauce Romaine Salad Produce Stand

Choice of cereal offered daily for breakfast. Each meal served with low fat milk. \*May contain pork.

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.

## Student Meal Prices

Breakfast-\$1.25 Lunch- \$2.00 Milk.35¢

Pay Online! [myschoolbucks.com](https://myschoolbucks.com)

Meal Applications Available Online!

<https://onlinemealapps.vusd.org>

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