































# MONTA VISTA CAFÉ BRUNCH MENU-SPRING 2024







ALL Student Meals are FREE - Meal includes main entrée, fresh fruit and milk

SPRING 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Entrée</b>	Veggie Omelet w/Texas Toast	Breakfast Burrito (meat and no meat)	Eggs w/Hash Browns w/Croissant 	Bagel w/ cream cheese 	Pancakes w/ bacon and syrup
<b>Bakery Items</b>	Fresh baked Scones 	Fresh baked Muffins 	Fresh baked Cinnamon Rolls 	Fresh baked Muffins 	Fresh baked Cinnamon Rolls 
<b>Parfaits &amp; Overnight Oats GF/Zone</b>	Crunchy Berry Parfait Overnight Oats  	Crunchy Berry Parfait Overnight Oats  	Crunchy Berry Parfait Overnight Oats  	Crunchy Berry Parfait Overnight Oats  	Crunchy Berry Parfait Overnight Oats  
<b>Cereals</b>	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  	Assorted Cereals  

<b>Staff Prices:</b>	Fresh, locally-sourced produce offered daily. Regular and Non Dairy Milk options are available daily. Second meals can be purchased with funds in student accounts.
Brunch = \$4.50	For more information, go to <a href="https://www.fuhsd.org/departments/nutrition-services">https://www.fuhsd.org/departments/nutrition-services</a>
Lunch = \$6.00	<b>Menu subject to change based on availability - This institute is an equal opportunity provider</b>



**KEY:**  = Dairy Free    GF/ = Gluten Free     = Vegetarian     = Vegan



# MONTA VISTA CAFÉ LUNCH MENU - SPRING 2024



ALL Student Meals are FREE - Meal includes main entrée, fruit, vegetable and milk

SPRING 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Entrée</b>	Asian Chicken Rice Bowl 	Chicken Tikka Masala w/ rice 	Cheeseburger w/ oven baked fries w/ knot bun 	Chicken Burrito	Pasta Bolognese w/ Garlic Bread
<b>Deli Delights</b>	Turkey Sub Sandwich	Nashville Chicken Wrap	Santa Fe Vegetarian Wrap 	Grilled Cheese Sandwich 	Roasted Vegetable Sandwich 
<b>No Meat Zone</b>	Vegan Chili w/ or w/o breadstick 	Tofu Tikka Masala w/ rice 	Black Bean Burger w/ oven baked fries w/ knot bun 	Vegetarian Burrito 	Pasta w/ Garlic Bread 
<b>Grab &amp; Go Salads</b>	Chicken Caesar Salad GF House Salad 	Chicken Caesar Salad GF House Salad 	Chicken Caesar Salad GF House Salad 	Chicken Caesar Salad GF House Salad 	Chicken Caesar Salad GF House Salad 
<b>Pizzeria</b>	Cheese Pepperoni 	Cheese Pepperoni 	Cheese Pepperoni 	Cheese Pepperoni 	Cheese Pepperoni 

**Staff Prices:** Fresh, locally-sourced produce offered daily. Gluten Free House Salad offered daily. Regular and Non Dairy Milk options are available daily. Second meals can be purchased with funds in student accounts.

Brunch = \$4.50  
Lunch = \$6.00

For more information, go to <https://www.fuhsd.org/departments/nutrition-services>

**Menu subject to change based on availability - This institute is an equal opportunity provider**



**KEY:** = Dairy Free / GF= Gluten Free = Vegetarian = Vegan