



## Visalia Unified School District K-6 Breakfast and Lunch Menu September 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 French Toast Stix w/syrup Fruit or Juice	2 Omelet w/salsa Fruit or Juice	3 Yogurt & Grahams Fruit or Juice	4 <b>Staff Development</b>
	<b>Tostada Boat</b> Cheese, Lettuce & Tomato Golden Corn Peaches Applesauce pan bread	<b>Chicken Leg</b> Mashed Potatoes Green Beans Wheat Roll Apple	<b>Spaghetti</b> Carrot Coins Bread Stick Banana	
7 <b>HOLIDAY</b>	8 PNB Graham Fruit or Juice	9 Biscuit w/jelly Fruit or Juice	10 Snack'n Waffle Fruit or Juice	11 * Breakfast Pizza Fruit or Juice
	* <b>Pepperoni Pizza</b> Garden Salad Pears Oatmeal Cookie	<b>Teriyaki Rice Bowl</b> Carrot Coins Pineapple Tidbits Graham Cracker	<b>Scrambled Eggs</b> Sausage patty Muffin Peaches Orange Juice	<b>Chicken Burger</b> Potato Wedges Red Grapes Brownie
14- <b>Min Day</b> * Breakfast Bites w/syrup Fruit or Juice	15 Cinnamon Roll Fruit or Juice	16 Scrambled Eggs * Ham Fruit or Juice	17 Mini Pancakes w/syrup Fruit or Juice	18 * Breakfast Burrito Fruit or Juice
<b>Mini Corn Dogs</b> Mini Carrots w/dip Graham Cracker Apple	<b>Chicken Fajita</b> Flour Tortilla Lettuce & Tomato Peaches Cowboy Bread	<b>Cheese Breadsticks</b> Spaghetti Sauce Garden Salad Banana	<b>Hamburger</b> Oven Fries Lettuce and Pickles Pear	<b>Bean &amp; Cheese Burrito</b> Golden Corn Seasoned Rice Mixed Fruit
21 Smucker's Uncrustable Fruit or Juice	22 French Toast Stix Fruit or Juice	23 Omelet w/salsa Fruit or Juice	24 Yogurt & Grahams Fruit or Juice	25 Apple Fruit Pocket Fruit or Juice
<b>Chicken Nuggets</b> Tater Barrels Carrot Coins Sliced Apples	<b>Macaroni &amp; Cheese</b> Peas Bread Stick Fruit Icee	<b>Teriyaki Burger</b> Mini Carrots w/dip Pineapple Tidbits M & M Cookie	<b>Turkey Gravy</b> Mashed Potatoes Wheat Roll Green Beans Mixed Fruit	<b>Chicken Tornado</b> Seasoned Rice Golden Corn Peaches
28 Pancake w/syrup * Sausage Patty Fruit or Juice	29 PNB Graham Fruit or Juice	30 Biscuit w/jelly Fruit or Juice		
* <b>Pepperoni Pizza</b> Garden Salad Pear Oatmeal Cookie	<b>Spaghetti</b> Green Beans Homemade Roll Sliced Apple	<b>Chicken Burger</b> Dill Pickle Spear Potato Wedges Banana		

## Parents' Favorite Time Of Year...Ours Too August 2009

After weeks of summer vacation and tending to all the things our children want and need, it's time for Visalia's children to return to school for the 2009-10 school year. Parents will return to more structured time schedules and daily routines. Kids get to reconnect with all their school friends and find out what everyone did over the summer. It also means earlier bed times, refocusing on school and home work, and no more sleep-overs or "all night movie nights" with friends and family...at least during the week.

Visalia Schools beam like a bright star throughout Tulare County, and we need not look any further than our students' achievements in 2009 for evidence of this tradition and success.

Last spring, VUSD graduated over 1,500 seniors and 1,458 of them indicated their enrollment in college, military, or vocational school! Nearly 1,000 VUSD students took AP Exams in over 17 different subjects. This fall, VUSD graduates will be attending all 10 UC campuses and 20 of our 23 CSU campuses. We are sending students to the nation's top private schools, such as USC, Notre Dame, Air Force and Naval Academies, Cornell, Stanford, and Yale.

A VUSD 6<sup>th</sup> grader from Golden Oak competed in Washington D.C. at the National Spelling Bee. Mt. Whitney High School is our latest recipient of the prestigious California Distinguished School honor. The El Diamante High School band won the state championship and their wind ensemble performed at Carnegie Hall in New York. Green Acres Middle School and Redwood High School both sent teams to compete in the state Science Olympiad and Golden West High School led the entire Central Valley by raising more than \$34K for Children's Hospital Central California.

Visalia Unified has increased 111 points in state testing over the past six years with a current API score of 735 (800 is top). Parents are happy their kids are returning to school and with good reason. Talented and caring teachers and support staff await them, committed to improving their quality of living for a lifetime! The 2009-10 school year looks to be another outstanding year of achievement and excellence for VUSD.

Stan A. Carrizosa  
Superintendent

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

**Earn extra cash!**  
Join our Cafeteria Team and become a  
substitute worker. Call 730-7871

**Elementary Student Meal Prices**  
Breakfast - \$1.25 Lunch - \$2.00 Milk - \$0.35