



# LIVERMORE VALLEY JOINT UNIFIED SCHOOL DISTRICT MAY 2010 ELEMENTARY LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 Personal Cheese Pizza* OR Waffles with Sausage	4 Beef Nachos OR Bean & Cheese Burrito*	5 Vegetarian Chili with Corn Bread* OR Teriyaki Chicken over Rice	6 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	7 Cheeseburger OR Fish Sticks & Baked Fries	<b>Cal 649</b> <b>T.Fat 18.75 G</b> <b>S.Fat 5.9 G</b> <b>Chol 58.5 Mg</b> <b>Sodm 1195.21 Mg</b> <b>Carb 91.04 G</b> <b>Prtn 28.96 G</b>
10 Personal Cheese Pizza* OR Bean & Cheese Burrito*	11 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	12 Mini Cheeseburgers OR Hot Dog with Roasted Potatoes	13 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	14 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	<b>Cal 656</b> <b>T.Fat 18.21 G</b> <b>S.Fat 6.7 G</b> <b>Chol 44.3 Mg</b> <b>Sodm 1283.86 Mg</b> <b>Carb 95.90 G</b> <b>Prtn 29.33 G</b>
17 Personal Cheese Pizza* OR Waffles with Sausage	18 Beef Nachos OR Bean & Cheese Burrito*	19 Vegetarian Chili with Corn Bread* OR Teriyaki Chicken over Rice	20 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	21 Cheeseburger OR Fish Sticks & Baked Fries	<b>Cal 650</b> <b>T.Fat 18.80 G</b> <b>S.Fat 5.9 G</b> <b>Chol 58.5 Mg</b> <b>Sodm 1207.47 Mg</b> <b>Carb 91.05 G</b> <b>Prtn 29.01 G</b>
24 Personal Cheese Pizza* OR Bean & Cheese Burrito*	25 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	26 Mini Cheeseburgers OR Hot Dog with Roasted Potatoes	27 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	28 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	<b>Cal 648</b> <b>T.Fat 18.20 G</b> <b>S.Fat 6.7 G</b> <b>Chol 44.3 Mg</b> <b>Sodm 1286.60 Mg</b> <b>Carb 93.92 G</b> <b>Prtn 29.37 G</b>
31 NO SCHOOL TODAY  Memorial Day					

\* = Meatless Entree

Nutrients listed are a weekly average.

*School Nutrition Employee Appreciation Week  
begins May 3rd. Please make sure to give the  
Cafeteria Assistant at your school a big smile and a  
'Thank You' for all their hard work.*

To prepay for student meals online or check your child's lunch account visit [www.MyNutrikids.com](http://www.MyNutrikids.com).

Elementary Lunch \$3.00  
Reduced Price Lunch \$0.40  
Breakfast \$2.00  
Reduced Price Bfast \$0.30  
Milk Varieties Available



**Lunch includes a choice of:**

- Entree
- Milk
- Seasonal Fresh Fruit & Veggies from the Salad Bar

A student may take one of each item offered. In order to qualify as a "complete meal" students are required to take a minimum of 2 items (any 2 items). In order to reduce waste, students are encouraged to take only the food that they plan to eat. Limit one entree per student.

Like in a restaurant, from time to time your first choice may not be available.

USDA and the NDS are equal opportunity providers and employers.

**Menu subject to change**