



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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	1 Beef Nachos OR Bean & Cheese Burrito*	2 Vegetarian Chili with Corn Bread* OR Teriyaki Chicken over Rice	3 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	4 Cheeseburger OR Fish Sticks & Baked Fries	<b>Cal</b> 646 <b>T.Fat</b> 18.18 G <b>S.Fat</b> 5.5 G <b>Chol</b> 57.4 Mg <b>Sodm</b> 1190.10 Mg <b>Carb</b> 91.01 G <b>Prtn</b> 29.25 G
7 Personal Cheese Pizza* OR Bean & Cheese Burrito*	8 Soft Pretzel with Bean & Cheese Dips* OR Chef's Choice	9 Mini Cheeseburgers OR Chef's Choice	10 Breakfast Available @ Arroyo Seco Jackson Portola Marilyn  Bagged Lunches Available upon request	11 Have a safe and fun Summer!  	<b>Cal</b> 723 <b>T.Fat</b> 20.61 G <b>S.Fat</b> 7.3 G <b>Chol</b> 45.9 Mg <b>Sodm</b> 1281.18 Mg <b>Carb</b> 102.62 G <b>Prtn</b> 31.92 G  <small>Nutrients listed are a weekly average.</small>

\* = Meatless Entree

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



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

**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.

**FREE LUNCH FOR KIDS & TEENS**  
at Marilyn Elementary School  
as part of the  
Seamless Summer Program  
Monday - Thursday  
June 21 - July 15

