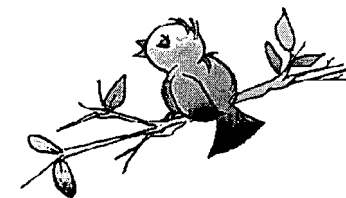

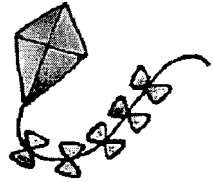


# LIVERMORE VALLEY JOINT UNIFIED SCHOOL DISTRICT

## APRIL 2010 ELEMENTARY LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		<b>April Fool's Day!</b> 	1 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	2 <b>Spring Recess</b> 4/2 - 4/9	Cal 660 T.Fat 18.35 G S.Fat 4.8 G Chol 45.9 Mg Sodm 1393.94 Mg Carb 97.60 G Prtn 29.06 G
5	6	7	8	9	
..... <i>Spring Recess</i> .....					
12 Personal Cheese Pizza* OR Bean & Cheese Burrito*	13 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	14 Mini Cheeseburgers OR Hot Dog with Roasted Potatoes	15 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	16 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	Cal 650 T.Fat 18.20 G S.Fat 6.7 G Chol 44.3 Mg Sodm 1295.84 Mg Carb 94.16 G Prtn 29.22 G
19 Personal Cheese Pizza* OR Waffles with Sausage & Syrup	20 Beef Nachos OR Bean & Cheese Burrito*	21 Vegetarian Chili with Corn Bread* OR Teriyaki Chicken over Rice	22 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	23 Cheeseburger OR Fish Sticks & Baked Fries <b>NEW!</b>	Cal 654 T.Fat 18.78 G S.Fat 5.9 G Chol 58.5 Mg Sodm 1194.77 Mg Carb 92.49 G Prtn 29.01 G
26 Personal Cheese Pizza* OR Bean & Cheese Burrito*	27 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	28 Mini Cheeseburgers OR Hot Dog with Roasted Potatoes	29 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	30 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	Cal 659 T.Fat 18.18 G S.Fat 6.7 G Chol 44.3 Mg Sodm 1295.83 Mg Carb 96.48 G Prtn 29.20 G

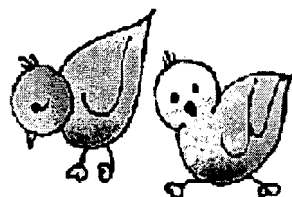
**Lunch includes a choice of:**

- Entree
- Seasonal Fresh Fruit
- Selection of Veggies
- Milk

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.

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

\* = Meatless Entree



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

Nutrients listed are a weekly average.

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