





# LIVERMORE VALLEY JOINT UNIFIED SCHOOL DISTRICT

## DECEMBER 2009 ELEMENTARY LUNCH MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	1 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	2 Mini Cheeseburgers OR Hot Dog with Roasted Potatoes	3 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	4 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	<b>Cal 681</b> <b>T.Fat 19.57 G</b> <b>S.Fat 6.6 G</b> <b>Chol 48.5 Mg</b> <b>Sodm 1259.46 Mg</b> <b>Carb 99.86 G</b> <b>Prtn 30.74 G</b>
7 Personal Cheese Pizza* OR Waffles with Sausage & Syrup	8 Beef Nachos OR Bean & Cheese Burrito*	9 Vegetarian Chili with Corn Bread* OR Roasted Chicken Pizza	10 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	11 Cheeseburger OR Teriyaki Chicken over Rice	<b>Cal 660</b> <b>T.Fat 18.40 G</b> <b>S.Fat 6.1 G</b> <b>Chol 55.4 Mg</b> <b>Sodm 1266.86 Mg</b> <b>Carb 97.59 G</b> <b>Prtn 29.05 G</b>
14 Personal Cheese Pizza* OR Taco Pocket 	15 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	16 Mini Cheeseburgers OR Hot Dog with Roasted Potatoes	17 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	18 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	<b>Cal 665</b> <b>T.Fat 19.47 G</b> <b>S.Fat 6.7 G</b> <b>Chol 47.7 Mg</b> <b>Sodm 1211.91 Mg</b> <b>Carb 96.02 G</b> <b>Prtn 30.45 G</b>
21	22	23	24	25	
 <h3>Winter Break!</h3>					
28	29	30	31		
<p>.....<i>New Year's Holiday</i>.....</p>					

To prepay for student meals online log on to [www.MyNutrikids.com](http://www.MyNutrikids.com).



**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.

\* = Meatless Entree

Nutrients listed are a weekly average.