

LIVERMORE VALLEY JOINT UNIFIED SCHOOL DISTRICT OCTOBER 2009 ELEMENTARY LUNCH MENU



Your child may qualify for Free or Reduced-Price meals! A new application must be completed each school year. Applications are available in your school office or in the Campus Catering office.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
To prepay for student meals online log on to www.MyNutrikids.com .			1 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	2 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	Cal 619 T.Fat 18.28 G S.Fat 7.0 G Chol 50.8 Mg Sodm 1156.46 Mg Carb 84.92 G Fiber 6.6 G Prtn 30.17 G
5 Personal Cheese Pizza* OR Waffles w/ Sausage	6 Beef Nachos OR Bean & Cheese Burrito*	7 Vegetarian Chili with Corn Bread* OR Hot Dog on a Bun with Baked Beans	8 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	9 Cheeseburger OR Teriyaki Chicken with Veggies & Rice	Cal 655 T.Fat 18.08 G S.Fat 6.0 G Chol 55.1 Mg Sodm 1272.42 Mg Carb 97.63 G Fiber 8.5 G Prtn 28.68 G
12 Personal Cheese Pizza* OR Taco Pocket	13 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	14 Mini Cheeseburgers OR Arroz con Queso* (Cheesy Rice Casserole)	15 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese	16 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	Cal 644 T.Fat 18.24 G S.Fat 6.9 G Chol 48.2 Mg Sodm 1191.69 Mg Carb 90.93 G Fiber 7.4 G Prtn 31.20 G
19 Personal Cheese Pizza* OR Waffles w/ Sausage	20 Beef Nachos OR Bean & Cheese Burrito*	21 Vegetarian Chili with Corn Bread* OR Hot Dog on a Bun with Baked Beans	22 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	23 Cheeseburger OR Teriyaki Chicken with Veggies & Rice	Cal 655 T.Fat 18.08 G S.Fat 6.0 G Chol 55.1 Mg Sodm 1272.42 Mg Carb 97.63 G Fiber 8.5 G Prtn 28.68 G
26 Personal Cheese Pizza* OR Taco Pocket	27 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	28 Mini Cheeseburgers OR Arroz con Queso* (Cheesy Rice Casserole)	29 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	30 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	Cal 644 T.Fat 18.24 G S.Fat 6.9 G Chol 48.2 Mg Sodm 1191.69 Mg Carb 90.93 G Fiber 7.4 G Prtn 31.20 G

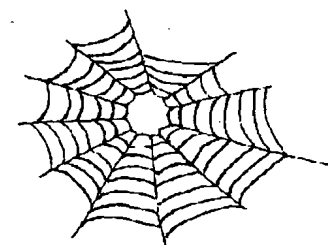
Lunch includes a choice of:

- 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.



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



* = Meatless Entree

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