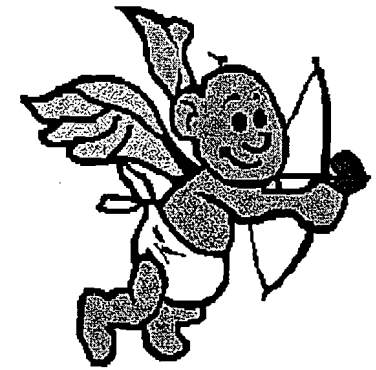


# LIVERMORE VALLEY JOINT UNIFIED SCHOOL DISTRICT

## FEBRUARY 2010 ELEMENTARY LUNCH MENU



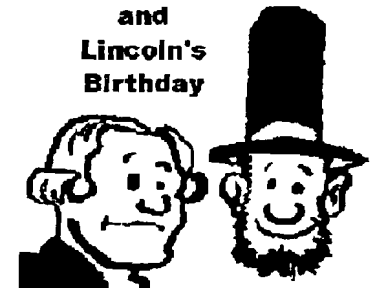
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Personal Cheese Pizza* OR Waffles with Sausage & Syrup	2 Beef Nachos OR Bean & Cheese Burrito*	3 Chili with Corn Bread* OR Roasted Chicken Pizza	4 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	5 Cheeseburger OR Teriyaki Chicken over Rice	Cal 664 T.Fat 18.15 G S.Fat 6.0 G Chol 55.8 Mg Sodm 1245.50 Mg Carb 98.27 G Prtn 29.30 G
8 Personal Cheese Pizza* OR Bean & Cheese Burrito*	9 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	10 Mini Cheeseburgers OR Hot Dog with Roasted Potatoes	11 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	12 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta A Valentine's Treat! *Strawberry Milk*	Cal 658 T.Fat 19.05 G S.Fat 6.8 G Chol 45.5 Mg Sodm 1251.26 Mg Carb 94.25 G Prtn 29.90 G
15 NO SCHOOL TODAY  President's Day	16 Beef Nachos OR Bean & Cheese Burrito*	17 Chili with Corn Bread* OR Roasted Chicken Pizza	18 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	19 Cheeseburger OR Teriyaki Chicken over Rice	Cal 658 T.Fat 17.49 G S.Fat 5.7 G Chol 54.0 Mg Sodm 1251.09 Mg Carb 97.79 G Prtn 29.58 G
22 Personal Cheese Pizza* OR Bean & Cheese Burrito*	23 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	24 Mini Cheeseburgers OR Hot Dog with Roasted Potatoes	25 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	26 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	Cal 658 T.Fat 19.05 G S.Fat 6.8 G Chol 45.5 Mg Sodm 1251.26 Mg Carb 94.25 G Prtn 29.90 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.

### Washington and Lincoln's Birthday



\* = Meatless Entree

Nutrients listed are a weekly average.



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).

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