

LIVERMORE VALLEY JOINT UNIFIED SCHOOL DISTRICT

NOVEMBER 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
2 Personal Cheese Pizza* OR Waffles with Sausage	3 Beef Nachos OR Bean & Cheese Burrito*	4 Vegetarian Chili with Corn Bread* OR Roasted Chicken Pizza	5 Chicken Nuggets with Roasted Potatoes OR Turkey, Mashed Potatoes & Gravy	6 NO SCHOOL TODAY Teacher Workday	Cal 664 T.Fat 19.33 G S.Fat 6.3 G Chol 59.9 Mg Sodm 1398.89 Mg Carb 96.00 G Prtn 29.22 G
9 Personal Cheese Pizza* OR Taco Pocket	10 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	11 NO SCHOOL TODAY Veteran's Day	12 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	13 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	Cal 657 T.Fat 19.21 G S.Fat 6.8 G Chol 50.3 Mg Sodm 1175.72 Mg Carb 92.78 G Prtn 30.42 G
16 Personal Cheese Pizza* OR Waffles with Sausage	17 Beef Nachos OR Bean & Cheese Burrito*	18 Vegetarian Chili with Corn Bread* OR Roasted Chicken Pizza	19 Chicken Nuggets with Roasted Potatoes OR Turkey, Mashed Potatoes & Gravy	20 Cheeseburger OR Teriyaki Chicken over Rice	Cal 651 T.Fat 18.08 G S.Fat 6.0 G Chol 62.5 Mg Sodm 1349.91 Mg Carb 94.90 G Prtn 29.85 G
23	24	25	26	27	
..... <i>Thanksgiving Holiday</i>					
30 Personal Cheese Pizza* OR Taco Pocket					Cal 641 T.Fat 19.11 G S.Fat 7.0 G Chol 44.6 Mg Sodm 1015.63 Mg Carb 91.11 G Prtn 28.81 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.

* = Meatless Entree

To prepay for student meals online log on to www.MyNutrikids.com.

Nutrients listed are a weekly average.