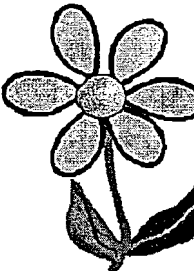


LIVERMORE VALLEY JOINT UNIFIED SCHOOL DISTRICT

MARCH 2010 ELEMENTARY LUNCH MENU

First
Day of
Spring!



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Personal Cheese Pizza* OR Waffles with Sausage & Syrup	2 Beef Nachos OR Bean & Cheese Burrito*	3 Cheeseburger OR Chicken, Mashed Potatoes & Gravy with Roll	4 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	5 Vegetarian Chili with Corn Bread* OR Teriyaki Chicken over Rice	Cal 667 T.Fat 17.80 G S.Fat 5.8 G Chol 65.0 Mg Sodm 1194.79 Mg Carb 94.92 G Prtn 31.62 G
8 NO SCHOOL TODAY Teacher Workday	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	Cal 647 T.Fat 19.06 G S.Fat 6.4 G Chol 45.8 Mg Sodm 1300.35 Mg Carb 92.17 G Prtn 30.14 G
15 Personal Cheese Pizza* OR Waffles with Sausage & Syrup	16 Beef Nachos OR Bean & Cheese Burrito*	17 Cheeseburger OR Chicken, Mashed Potatoes & Gravy with Roll	18 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	19 Vegetarian Chili with Corn Bread* OR Teriyaki Chicken over Rice	Cal 675 T.Fat 17.79 G S.Fat 5.8 G Chol 65.0 Mg Sodm 1194.77 Mg Carb 97.24 G Prtn 31.60 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 655 T.Fat 18.90 G S.Fat 6.7 G Chol 44.4 Mg Sodm 1269.43 Mg Carb 92.90 G Prtn 29.90 G
29 Personal Cheese Pizza* OR Waffles with Sausage & Syrup	30 Beef Nachos OR Bean & Cheese Burrito*	31 Cheeseburger OR Chicken, Mashed Potatoes & Gravy with Roll			Cal 679 T.Fat 18.84 G S.Fat 6.8 G Chol 68.1 Mg Sodm 1134.91 Mg Carb 91.40 G Prtn 33.91 G

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.

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.

