

LIVERMORE VALLEY JOINT UNIFIED SCHOOL DISTRICT JANUARY 2010 ELEMENTARY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
4 Personal Cheese Pizza* OR Waffles with Sausage & Syrup	5 Beef Nachos OR Bean & Cheese Burrito*	6 Vegetarian Chili with Corn Bread* OR Roasted Chicken Pizza	7 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	8 Cheeseburger OR Teriyaki Chicken over Rice	Cal 658 T.Fat 18.43 G S.Fat 6.1 G Chol 55.4 Mg Sodm 1266.46 Mg Carb 97.50 G Prtn 28.94 G
11 Personal Cheese Pizza* OR Taco Pocket	12 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	13 Mini Cheeseburgers OR Hot Dog with Roasted Potatoes	14 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	15 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	Cal 649 T.Fat 19.48 G S.Fat 6.7 G Chol 47.7 Mg Sodm 1218.59 Mg Carb 92.10 G Prtn 30.18 G
18 NO SCHOOL TODAY Martin Luther King Jr. Day 	19 Beef Nachos OR Bean & Cheese Burrito*	20 Vegetarian Chili with Corn Bread* OR Roasted Chicken Pizza	21 Chicken Nuggets with Roasted Potatoes OR Pasta in Meat Sauce	22 NO SCHOOL TODAY Teacher Workday	Cal 674 T.Fat 19.44 G S.Fat 6.2 G Chol 47.1 Mg Sodm 1321.61 Mg Carb 100.06 G Prtn 28.33 G
25 Personal Cheese Pizza* OR Bean & Cheese Burrito*	26 Soft Pretzel with Bean & Cheese Dips* OR Chicken Burger	27 Mini Cheeseburgers OR Hot Dog with Roasted Potatoes	28 Chicken Nuggets with Roasted Potatoes OR Macaroni & Cheese*	29 Pizza Sticks with Marinara Dipping Sauce* OR Chicken Pasta	Cal 657 T.Fat 19.58 G S.Fat 6.9 G Chol 46.2 Mg Sodm 1258.59 Mg Carb 93.60 G Prtn 29.88 G

* = Meatless Entree

Nutrients listed are a weekly average.

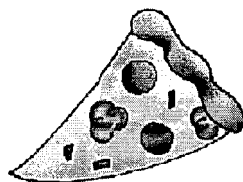


Lunch includes a choice of:

- 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

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
log on to www.MyNutrikids.com.

