



# CLOVIS UNIFIED SCHOOL DISTRICT ELEMENTARY SCHOOL MENU—OCTOBER 2009

**BREAKFAST CHOICES:**

- MON: Pop Tarts
- TUES: Pancake/SausageStick
- WED: \*\*Egg/Ham/CheeseBar
- THURS: French Toast Sticks
- FRI: \*\*Breakfast Pizza

**Daily Choices:**

Cereal, Fruit, 100% Juice, & Milk

**ELEMENTARY MEAL PRICES:**

- Breakfast Prices: \$1.00
- Reduced: \$0.30
- Lunch Prices: \$2.25
- Reduced: \$0.40
- 2<sup>nd</sup> Lunch: \$3.50
- Milk a la carte: \$0.40


We encourage you to prepay for your child(ren)'s meals.

**NUTRITION INFORMATION:**

The weekly nutritional analysis of this menu meets the RDA's for calories, protein, calcium, iron, vitamins A & C, & is <30% of calories from fat.

















Your child will have a choice of an entrée, two side dishes & milk for breakfast & lunch.


We offer: Tyson

 All Beef Hamburgers; Tyson Chicken Patties, Nuggets, & Tenders; Foster Farms Whole Grain - Low Fat Chicken Corndogs; *Your child may be served an alternate meal if he/she has a negative balance or does not have money for meals.*

\*\*May contain pork.

**MENU SUBJECT TO CHANGE**

Monday	Tuesday 	Wednesday	Thursday 	Friday
			1 Teriyaki Beef Rice Bowl Ciabatta Cheese Bread Corn Fruit Strip  Milk	2 Cheese-filled Breadsticks w/Marinara Bean & Cheese Burrito Baked French Fries w/Ketchup Juice Bar  Milk
5 Taco Boat Chicken Nuggets w/Dipping Sauce Corn, Salsa Milk	6 **Pizza Pockets Egg Roll w/Dipping Sauce  Baby Carrots Apple Crisp Milk	7 Chicken Patty Sandwich Soft Pretzel w/Cheese Sc. Green Salad w/Spinach Raisins, Peach Cup Milk	8  Spaghetti Tacos Corndog Green Beans Apricot Cup, Milk	9 Cheeseburger **Rib-B-Que on Bun Baked Beans Mixed Fruit Milk
12 <b>NATIONAL</b> <b><u>Breakfast for Lunch</u></b> **Breakfast Pizza  Maple Mini Pancakes Tator Tots w/Ketchup Apple Sauce, Milk	13 <b>SCHOOL</b> Chicken Quesadilla Teriyaki Beef Rice Bowl Baby Carrots Milk 	14 =====	15 <b>LUNCH</b> Turkey & Gravy w/ Mashed Potatoes Bean & Cheese Burrito Dinner Roll Corn, Mixed Fruit Milk	16 <b>WEEK</b> Beef Soft Taco  Ciabatta Cheese Bread Refried Beans Fruit Strip  Milk
19 **Pizza Pockets Chicken Nuggets w/Dipping Sauce Corn Chocolate Pudding Milk	20  Orange Chicken Rice Bowl Soft Pretzel w/Cheese Sc. Green Beans Mixed Fruit Milk 	21 Chicken Patty Sandwich Bean & Cheese Burrito Green Salad w/Spinach Raisins, Peach Cup Milk	22  **Deli Sandwich Egg Roll w/Dipping Sauce Baby Carrots Fruit Strip Milk	23  Spaghetti Tacos Chicken Tenders Oven Baked Fries w/Ketchup Apricot Cup Milk
26 Taco Boat Corn Dog Corn, Peach Cup Milk	27 <b><u>Breakfast for Lunch</u></b> **Breakfast Pizza  Maple Mini Pancakes Tator Tots w/Ketchup Apple Sauce, Milk	28 Cheese-filled Breadsticks w/Marinara Sauce Chicken Patty Sandwich Green Salad w/Spinach & Raisins, Apricot Cup Milk	29 <b>SUPERVISOR'S CHOICE</b> <b>w/Crispy Rice Treat</b> 	30 <b>Elementary Conference Day</b>  <b>NO SCHOOL</b>

**1% milk, nonfat Chocolate milk available daily and 1% Strawberry milk on Tuesdays & Thursdays!** 

In accordance with federal law and U.S. Dept. of Agriculture policy, no child will be discriminated against because of race, color, sex, national origin, age or disability. To file a complaint, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.