



CLOVIS UNIFIED SCHOOL DISTRICT ELEMENTARY SCHOOL MENU—NOVEMBER 2009

BREAKFAST CHOICES:

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

Daily Choices:

Cereal, Fruit, 100% Juice, & Milk

ELEMENTARY MEAL PRICES:

- Breakfast Prices: \$1.00
- Reduced: \$0.30
- Lunch Prices: \$2.25
- Reduced: \$0.40
- 2nd 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 
2 No School Today Staff Development Day	3 <u>Breakfast for Lunch</u> **Breakfast Pizza French Toast Sticks Tator Tots w/Ketchup Apple Sauce Milk	4 Corndog Chicken Patty Sandwich Baby Carrots Blueberry Crisp Milk	5 Turkey & Gravy w/ Mashed Potatoes Bean & Cheese Burrito Dinner Roll Green Salad w/Spinach Dried Cherries Milk	6 Teriyaki Beef Rice Bowl Soft Pretzel  w/Cheese Sauce Green Beans **Fruit Snack Milk
9 **Pizza Pockets Egg Roll w/Dipping Sauce Corn Giant Cinnamon Graham Milk 	10 Cheeseburger **Rib-B-Que on Bun Oven Fries w/Ketchup Pineapple Milk 	11 Veterans Day	12 Spaghetti w/Breadsticks Bean & Cheese Burrito Baby Carrots Apricot Cup Milk 	13 Beef Soft Taco w/Salsa Ciabatta Cheese Bread Tator Tots w/Ketchup Peaches Milk
19 Taco Boat Chicken Nuggets w/Dipping Sauce Corn, Salsa **Fruit Snack Milk	17 <u>Breakfast for Lunch</u> **Breakfast Pizza Mini Maple Pancakes  Tator Tots w/Ketchup Apple Sauce Milk	18 Chicken Patty Sandwich Cheese-filled Breadsticks w/Marinara Baby Carrots Apricot Cup Milk	19 Turkey & Gravy w/ Mashed Potatoes Dinner Roll Green Beans Dried Cranberries Harvest Cake Milk	20 **Pizza Pockets Nachos w/Cheese Sauce Refried Beans Pineapple Milk 
23 =====	24 Thanksgiving	25 Break	26 	27 =====
30 SUPERVISOR'S CHOICE w/Crispy Rice Treat 				

Flavored milk, which is generally well liked by children & teens, is a great way to help meet the daily need for calcium (800 mg for 4-8 year olds & 1,300 mg for 9-18 year olds). Flavored milk is generally fortified with Vitamin D which is critical for calcium absorption. We offer 1% white, fat free chocolate milk daily & 1% strawberry on Tuesdays & Thursdays.