

Cattaraugus-Little Valley High Menu

Grade 9-12 \$1.55 Pre-Pay Full or Reduced Lunches Available Weekly,
 Monthly or Yearly please make checks payable to CLVCS
 This Institution is an equal opportunity provider and employer

SEPTEMBER 2017



Lunch Fact

MyPlate

Recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

Menu is subject to change.

Breakfast Available Daily: Please make breakfast a mandatory part of your day if you are approved for Free or Reduced Lunch: you are automatically approved for Breakfast

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| | 5 Chicken Patty on Bun Or Hot Dog on Bun w/Pasta ----- Broccoli Corn | 6 Chicken & Gravy over Pasta Or Soft Shell Tacos ----- Peas Green Beans | 7 BBQ Chicken wrap Or Soft Shell Tacos ----- Carrots Baked Beans | 8 Meatball Sub Or Assorted Sub ----- Sweet Potatoes Corn |
| 11 Chicken & Cheese Fajita Or Soft Shell Tacos ----- Green Beans Cauliflower | 12 Italian Bread Sticks w/Sauce Or Cheeseburger on a Bun w/ Noodles ----- Baked Bean Corn | 13 Chicken Patty on Bun Or Tuna Salad Wrap ----- Romaine Salad Broccoli | 14 Toasted Cheese Sandwich/Tomato Soup Or Hot Dog on Bun w/Pasta ----- Corn Carrots | 15 Chix Wing Pizza Or Soft Shell Tacos ----- Peas Green beans |
| 18 Nacho Grande w/ Rice Or Tuna Salad Wrap ----- Carrots Baked Beans | 19 Sweet & Sour Chicken over Rice or Cheeseburger w/ Seasoned Noodles ----- Romaine Salad Cauliflower | 20 Chicken Nuggets w/Pasta Or Hot Dog on Bun w/Pasta ----- Broccoli Tomato Wedges | 21 Spag./Meat Sauce w/Roll Or Chicken Fajita ----- Carrots Green Beans | 22 Taco in a Bag w/Pasta Or Assorted Sub ----- Corn Sweet Potatoes |
| 25 Cheeseburger on a Bun w/Pasta Or Chicken Souvlaki on flat bread ----- Broccoli Baked Beans | Pancake Day Pancakes & Sausage Or Assorted Sub ----- Corn Hash brown Pattie | 27 Chicken Pattie on Bun Or Tuna Salad Wrap ----- Peas Green Beans | 28 BBQ Sloppy Joe Sub Or Hot Dog on Bun w/Pasta ----- Romaine Salad Corn | 29 Chicken Fajita Wrap Or Cheeseburger w/ Pasta ----- Carrots Broccoli |
| <p><i>Applications are being Accepted for On-Call Substitute Work Please Call Kitchen Office 257-5950</i></p> | | | | |

Offered daily

With all School Lunches:

*Fresh Fruit (served by the piece = 1/2c)
 & Prepared Fruit (served by the 1/2c portion)
 Vegetables (served by the 1/2c portion unless otherwise noted)
 (Must take 1/2 cup of Fruit or Veggies)
 (May take 1 cup)
 Non or Low Fat White or
 Non Fat Chocolate Milk available daily*

We serve the following Items Daily

*PBJ (2M-2G) Subs (2M-3G) Wraps (2M-2G)
 Julienne Salad w/ Toppings Bar (2M-2G)
 Pizza (2M-2G)
 Cheese & Pepperoni Daily
 Yogurt Parfait (2M-2G)*

Meal Pattern Requirements

(Weekly)

*Grains Range = 10-12 G EQ All grains must be whole grain rich
 M/MA Range = 10-12 oz. Vegetable = 5 cups in appropriate subgroups
 Fruit = 5 cups Milk = 5 cups*

Start with a:

- **Vegetable**
- **Fruit** (or take both)
- **Choose whole grains**
- **Pick a lean protein**
- **Add serving of milk**

Take at least 3