

# Catt-Little valley middle school menu

Grade 5-8 \$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
	<p>5</p> <p>Chicken Patty on Bun Or Hot Dog on Bun</p> <p>-----</p> <p>Broccoli Corn</p>	<p>6</p> <p>Chicken &amp; Gravy over pasta Or Soft Shell Tacos</p> <p>-----</p> <p>Peas Green Beans</p>	<p>7</p> <p>BBQ Chicken Wrap Or Soft Shell Tacos</p> <p>-----</p> <p>Carrots Baked Beans</p>	<p>8</p> <p>Meatball Sub Or Assorted Sub</p> <p>-----</p> <p>Sweet Potatoes Corn</p>
<p>11</p> <p>Chicken &amp; Cheese Fajita Or Soft Shell tacos</p> <p>-----</p> <p>Green Beans Cauliflower</p>	<p>12</p> <p>Italian Bread Sticks w/ Sauce Or Cheeseburger</p> <p>-----</p> <p>Baked Bean Corn</p>	<p>13</p> <p>Chicken Pattie on Bun Or Tuna Salad Wrap</p> <p>-----</p> <p>Romaine Salad Broccoli</p>	<p>14</p> <p>Toasted Cheese /Tomato Soup Or Hot Dog on Bun</p> <p>-----</p> <p>Corn Carrots</p>	<p>15</p> <p>Chix Wing Pizza or Soft Shell Tacos</p> <p>-----</p> <p>Peas Green Beans</p>
<p>18</p> <p>Nacho Grande w/ Rice Or Tuna Salad Wrap</p> <p>-----</p> <p>Carrots Baked Beans</p>	<p>19</p> <p>Sweet &amp; Sour Chicken over Rice or Cheeseburger</p> <p>-----</p> <p>Romaine Salad Cauliflower</p>	<p>20</p> <p>Chicken Nuggets w/Pasta Or Hot Dog on Bun</p> <p>-----</p> <p>Broccoli Tomato Wedges</p>	<p>21</p> <p>Spag./Meat Sauce w/Roll Or Chicken Fajita</p> <p>-----</p> <p>Carrots Green Beans</p>	<p>22</p> <p>Taco in a Bag w/Pasta Or Assorted Sub</p> <p>-----</p> <p>Corn Sweet Potatoes</p>
<p>25</p> <p>Cheeseburger on a Bun Or Chicken Souvlaki on Flat Bread</p> <p>-----</p> <p>Broccoli Baked Beans</p>	 <p><b>Pancake Day!</b> Pancakes &amp; Sausage or Assorted Sub</p> <p>-----</p> <p>Corn Hash Brown Pattie</p>	<p>27</p> <p>Chicken Pattie on Bun Or Tuna Salad Wrap</p> <p>-----</p> <p>Peas Green Beans</p>	<p>28</p> <p>BBQ Sloppy Joe Sub Or Hot Dog on Bun</p> <p>-----</p> <p>Romaine Salad Corn</p>	<p>29</p> <p>Chicken Fajita Wrap Or Cheeseburger</p> <p>-----</p> <p>Carrots Broccoli</p>
<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 & 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 = 8-10 G EQ All grains must be whole grain rich  
M/MA Range = 9-10 oz. Vegetable = 3 3/4 cups in appropriate subgroups  
Fruit = 2 1/2 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**