

Cattaraugus-Little Valley elementary

Grade K-4 \$1.50 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



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

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/>.

Monday	Tuesday	Wednesday	Thursday	Friday
	5 Cheeseburger OR Hot Dog on Bun ----- Broccoli Carrots	6 Cheese or Pepperoni Pizza Or Chicken Salad Sandwich ----- Cauliflower Green Beans	7 Chicken Patty on Bun or Turkey Sandwich ----- Sweet Potatoes Corn	8 Soft Shell Tacos Or Hotdog on bun ----- Bake Beans Broccoli
11 Chicken & Cheese Fajitas Or Ham Sandwich ----- Green Beans Cauliflower	12 Hot Dog on a bun Or Turkey Sub w/Cheese & Lettuce ----- Tomato Slices Corn	13 Cheese or Pepperoni Pizza Or Ham & Cheese Wrap ----- Sweet Potato Bake Broccoli	14 Chicken Nuggets w/Pasta Or Hot Dog on Bun ----- Romaine Salad Carrots	15 Soft Shell Tacos or Turkey Sandwich ----- Peas Cauliflower
18 Nacho Grande w/ 1/2c Rice Or Ham & Cheese Sandwich ----- Baked Beans Corn	19 Pasta Bake/w roll Or Hot Dog on Bun ----- Romaine Salad Cauliflower	20 Cheese or Pepperoni Pizza Or Turkey Salad Wrap ----- Broccoli Tomato Slices	21 Chicken Nuggets w/Pasta Or Ham Sandwich ----- Corn Green Beans	22 Chicken Souvlaki on Flat Bread Or Turkey Sandwich ----- Carrots Peas
25 Chicken & Gravy over Pasta Or Ham & Cheese Sandwich ----- Broccoli Baked Beans	 Pancake Day! Pancakes w/ Sausage or Turkey Sandwich ----- Carrot Hash Brown Pattie	27 Cheese or Pepperoni Pizza Or Tuna salad Sandwich ----- Sweet Potatoes Peas	28 Taco in Bag w/Rice Or Hot Dog on Bun ----- Romaine Salad Corn	29 Chicken Pattie on Bun Or Turkey Sandwich ----- Green Beans Carrots
Applications are Being Accepted for On-Call Substitute Work Please Call Kitchen Office 257-5950				

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)
Julienne Salad & Yogurt Parfait
Mon. & Fri - (2M - 2G)
Tues. Wed. Thurs. (2M-2G)
Mon. Wed. Friday Penneroni Pizza*

Meal Pattern Requirements

*(Weekly)
Grains Range = 8-9 G EQ
All grains must be whole grain rich
M/MA Range = 8-10 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