

# FEBRUARY ~ 2018

MONDAY

# VAL VERDE UNIFIED SCHOOL DISTRICT

TUESDAY WEDNESDAY THURSDAY

# ELEMENTARY

FRIDAY

Meals Served with LF or NF Choc Milk


**Elementary Prices:**

Breakfast: Reduced - \$0.00  
 Breakfast: Paid - \$0.00  
 Lunch: Reduced - \$0.00  
 Lunch: Paid - \$2.50

\* - Items that contain Pork  
 ☞ - ALL Bread Items are Wholegrain

\* **LUNCH MEAL;** Includes one Entrée from the main menu & one or more Fruit & Vegetable selections from the Garden Bar.  
 OR, **SALAD BAR LUNCH;** Build a Complete Meal with a variety of fresh fruits & vegetables, and daily salad bar protein and bread items.

Each Student *MAY* select:  
 ◦ Entrée ◦ Garden Bar Fruits & Vegetables ◦ Milk  
 To Count as a *Complete* Meal, Each Student *MUST* Select:  
 ➤ **1/2 Cup or more Fruit or Vegetable plus 2 more items** ◀

<p><i>Get a Smart Start to your Week with...  <b>Lean &amp; Green Mondays</b></i>                  Salad Dressing (Mon-Fri)                  Yogurt, Avocado, Cilantro Ranch</p>				<p><b>1</b>  <u>Cheese Pizza or Chicken Tamale</u>                  Refried Beans (vegetarian)  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>2</b>  <u>Corn Dog or Turkey Pepperoni Calzone</u>  <u>Oven Fries</u>  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>			
<p><b>5</b>  <u>Chicken Tenders &amp; Dinner Roll or Teriyaki Chicken w/Rice &amp; Dinner Roll</u>  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>6</b>  <u>Meatloaf Sandwich or Taco Pocket</u>  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>7</b>  <u>"Breakfast for Lunch" Pancakes &amp; Sausage Link*</u>                  or *BBQ Rib on a Bun  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>8</b>                  * <u>Pepperoni Pizza or Chicken Taquitos w/Guacamole</u>  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>9</b>  <u>Cheeseburger or PB&amp;J Pocket Tator Tots</u>  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>	
<p><b>12</b>                  Lincoln's Day Holiday</p>		<p><b>13</b>  <u>Taco Hay Stack (tky) or Grilled Cheese Sandwich</u>  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>14</b>  <u>Chicken Fillet Sandwich or Teriyaki Beef Dippers &amp; Texas Garlic Toast</u>  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>15</b>  <u>Cheese Pizza or Chicken Tamale</u>                  Refried Beans (vegetarian)  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>16</b>  <u>Corn Dog or Turkey Pepperoni Calzone</u>  <u>Oven Fries</u>  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>	
<p><b>19</b>                  President's Day Holiday</p>		<p><b>20</b>  <u>Turkey &amp; Gravy w/Mashed Potatoes &amp; Biscuit</u>                  or Taco Pocket  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>21</b>  <u>French Toast &amp; Scrambled Egg w/Bacon &amp; Cheese*</u>                  or *BBQ Rib on a Bun  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>22</b>                  * <u>Pepperoni Pizza or Chicken Taquitos w/Guacamole</u>  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>23</b>  <u>Cheeseburger or PB&amp;J Pocket Tator Tots</u>  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>	
<p><b>26</b>  <u>Spaghetti w/Meat Sauce &amp; Garlic Toast</u>                  or Beef &amp; Gr Chili Burrito  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>27</b>  <u>Taco Hay Stack (tky) or Grilled Cheese Sandwich</u>                  100% Fruit-Ice Cup  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p><b>28</b>  <u>Chicken Fillet Sandwich or Teriyaki Beef Dippers &amp; Texas Garlic Toast</u>  <u>Self-Serve Garden Bar</u>                  See Menu Below</p>		<p>The Simple Way to Pay FOR SCHOOL MEALS    <a href="http://myschoolbucks.com">myschoolbucks.com</a></p>			

Monday Garden Bar Options		Tuesday Garden Bar Options		Wednesday Garden Bar Options		Thursday Garden Bar Options		Friday Garden Bar Options	
Salad Mix	Apple Slices	Salad Mix	Pineapple	Salad Mix	Fruit Mix	Salad Mix	Bananas	Salad Mix	Diced Peaches
	Diced Pears	Baby Carrots	Orange Wedges	Fresh Melon	Zucchini Sticks	Baby Carrots	Applesauce	Tomato Slices	Kidney Beans
3-Bean Quinoa Salad	Cherry Tomatoes	Corn Niblets		Kidney Beans		Cucumber Slices		Ruby Red Grapefruit	
	Diced Turkey		Diced Egg		Diced Turkey				Diced Chicken
Loco Bread	Colby-Jack Cheese Stick	Honey Wheat Biscuit	Diced Turkey Ham	Harvest Choc. Chip Muffin	Yoplait Yogurt	Cornmeal Super Star	Diced Egg Yoplait Yogurt	Loco Bread	Dried CB's & Sunflower Seed