

SEPTEMBER ~ 2017
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****

<p>Get a Smart Start to your Week with... Lean & Green Mondays</p>		<p>House Dressing (Mon-Fri) Yogurt, Avocado, Cilantro Ranch</p>				<p>The Simple Way to Pay FOR SCHOOL MEALS</p>  <p>myschoolbucks.com</p>		<p>1 Corn Dog or Turkey Pepperoni Calzonnette Oven Fries <i>Self-Serve Garden Bar</i> See Menu Below</p>	
<p>4 Labor Day Holiday</p>		<p>5 Meatloaf w/Mashed Potatoes or Grilled Cheese Sandwich <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>6 "Breakfast for Lunch" Pancakes & Sausage Link* or *BBQ Rib on a Bun <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>7 *Pepperoni Pizza or Taco Chalupa & States & Capitols Vanilla Cookies <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>8 Cheeseburger (handmade) or PB&J Pocket Tator Tots <i>Self-Serve Garden Bar</i> See Menu Below</p>	
<p>11 Chicken Tenders & Goldfish or Bean & Cheese Burrito <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>12 Taco Hay Stack (tky) or Grilled Cheese Sandwich <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>13 Chicken Fillet Sandwich or Teriyaki Beef Dippers & Texas Garlic Toast <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>14 Cheese Pizza or Chicken Tamale Refried Beans (vegetarian) <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>15 Corn Dog or Turkey Pepperoni Calzonnette Oven Fries <i>Self-Serve Garden Bar</i> See Menu Below</p>	
<p>18 Macaroni & Cheese (low fat) or Teriyaki Chicken w/Rice & Animal Crackers <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>19 Philly Cheese Steak Pin Wheel or Taco Pocket 100% Fruit-Ice Cup <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>20 French Toast & Scrambled Egg w/Bacon & Cheese* or *BBQ Rib on a Bun <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>21 *Pepperoni Pizza or Taco Chalupa & States & Capitols Vanilla Cookies <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>22 Cheeseburger (handmade) or PB&J Pocket Tator Tots <i>Self-Serve Garden Bar</i> See Menu Below</p>	
<p>25 Chicken Tenders & Goldfish or Beef & Gr Chili Burrito <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>26 Taco Hay Stack (tky) or Grilled Cheese Sandwich <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>27 Chicken Fillet Sandwich or Teriyaki Beef Dippers & Texas Garlic Toast <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>28 Cheese Pizza or Chicken Tamale Refried Beans (vegetarian) <i>Self-Serve Garden Bar</i> See Menu Below</p>		<p>29 Corn Dog or Turkey Pepperoni Calzonnette Oven Fries <i>Self-Serve Garden Bar</i></p>	
<p>Monday Garden Bar Options</p>		<p>Tuesday Garden Bar Options</p>		<p>Wednesday Garden Bar Options</p>		<p>Thursday Garden Bar Options</p>		<p>Friday Garden Bar Options</p>	
Salad Mix	Nectarines	Salad Mix	Pineapple	Salad Mix	Fruit Mix	Salad Mix	Bananas	Salad Mix	Diced Peaches
	Diced Pears	Baby Carrots	Orange Wedges	Grapes	Jicama Sticks	Baby Carrots	Applesauce	Tomato Slices	Confetti Salad
3-Bean Quinoa Salad	Cherry Tomatoes	Corn Niblets		Confetti Salad		Cucumber Slices		Fresh Kiwi	
	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